



Student Checklist (Health and Wellness)

Congratulations on choosing to pursue a High Skills Major Certificate in Health and Wellness!

This is a checklist to help you track your progress throughout high school, as you engage in career exploration and community-based learning. Before you graduate, this checklist needs to be reviewed by your school designate to earn your certificate.



Focused Course Selection

a) Core Learning

1 credit:

List of available courses:

CREDIT	COURSE NAME
1.0	Biology 11 / Biologie 11
1.0	Health and Human Services 12

b) Co-operative Education

1 credit:

List of available courses:

CREDIT	COURSE NAME
1.0	Co-operative Education 11* / Éducation coopérative 11*
1.0	Co-operative Education 12* / Éducation coopérative 12*

c) Supplementary Learning

2 credits:

List of available courses:

CREDIT	COURSE NAME
1.0	Co-operative Education Choose 1 credit: • Co-operative Education 11* / Éducation coopérative 11* • Co-operative Education 12* / Éducation coopérative 12*
1.0	Family Studies Choose 1 credit: • Canadian Families 12 • Child Studies 11 • Family Studies 10
1.0	Entrepreneurship/Business Choose 1 credit: • Entrepreneurship 12* / Entrepreneuriat 12 • Indigenous Entrepreneurship 11 • Indigenous Entrepreneurship 12 • Business Management 12
1.0	Food Studies Choose 1 credit: • Food Science 12 • Food Studies and Hospitality 12
1.0	Health and Human Services 12
1.0	Health-related Personal Development Credit
1.0	Life 11

*available through the [Nova Scotia Virtual School](#)

Courses are listed in the language(s) they are offered.

The same course cannot be used in multiple categories (Core Learning, Co-operative Education, and Supplementary Learning).

Co-operative Education courses should be in a Health and Wellness environment.

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Focused Course Selection

c) Supplementary Learning (continued)

List of available courses:

CREDIT	COURSE NAME
1.0	<p>Physical Education <i>(in addition to the one required for graduation)</i></p> <p>Choose 1 credit:</p> <ul style="list-style-type: none"> • Physical Education 10 • Physical Education 11 • Physical Education 12 • Yoga 11 • Physically Active Living 11 / Mode de Vie Actif 11 • IB Sports, Exercise and Health 11 • IB Sports, Exercise and Health SL 12 • Fitness Leadership 11 • Physical Education Leadership 12
1.0	<p>Science <i>(in addition to the one required for graduation)</i></p> <p>Choose 1 credit:</p> <ul style="list-style-type: none"> • Biology 11 / Biologie 11 • Biology 12 / Biologie 12 • Advanced Biology 11 / Biologie 11 avancée • Advanced Biology 12 / Biologie 12 avancée • IB Biology 11 / Biologie 11 • IB Biology 12 / Biologie 12 • Chemistry 11 / Chimie 11 • Chemistry 12 / Chimie 12 • Advanced Chemistry 11 / Chimie 11 avancée • Advanced Chemistry 12 / Chimie 12 avancée • IB Chemistry 11 / Chimie 11 • IB Chemistry 12 / Chimie 12 • Physics 11 • Physics 12 • Advanced Physics 11 • Advanced Physics 12 • IB Physics 11 • IB Physics 12 • Sociology 12 AC • Psychology 12 AP



Community-Based Learning

a) At least 2 community-based experiences

In addition to Co-operative Education (in Focused Course Selection), participate in at least 2 community-based learning experiences, that combine to total at least 4 hours. Experiences should be documented below, with supplementary text and/or photos uploaded to your student portfolio on [myBlueprint](#). Any additional experiences (not listed below) can be uploaded to your student portfolio on [myBlueprint](#) to showcase for future employers or post-secondary institutions.

Examples may include (but are not limited to):

- participation in a volunteer, community, or service-learning project related to Health and Wellness
- working with an Elder, community mentor, or knowledge holder
- attendance at a career fair, conference, or workshop
- participation in a local, provincial, or national competition (e.g., Skills Canada–Nova Scotia)

Description

1

Date(s) of experience | Name of Supervisor/Teacher | Uploaded to myBlueprint

Description

2

Date(s) of experience | Name of Supervisor/Teacher | Uploaded to myBlueprint

Description

3

Date(s) of experience | Name of Supervisor/Teacher | Uploaded to myBlueprint

Description

4

Date(s) of experience | Name of Supervisor/Teacher | Uploaded to myBlueprint



Training & Certification

Complete a minimum of 6 training opportunities or certifications related to Health and Wellness. There are 4 required certifications, and at least 2 additional certifications. Any additional training opportunities (not listed below) can be uploaded to your student portfolio on [myBlueprint](#) to showcase for future employers or post-secondary institutions.

a) 4 required certifications

Workplace Hazardous Materials Information System (WHMIS)	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>
Occupational Health and Safety (OH&S)	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>
Safe Spaces Make Great Workplaces (Nova Scotia Human Rights Commission)	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>
Working with Abilities (Nova Scotia Human Rights Commission)	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>

b) At least 2 additional certifications

Emergency First Aid and CPR	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>
Mental Health First Aid	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>
Safe@MyJob / WCB & Me (Workers Compensation Board Training)	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>
Completion of workshop(s) from recognized organizations	Date of completion	Uploaded to myBlueprint <input type="checkbox"/>



Portfolio

a) myBlueprint

Your student portfolio on [myBlueprint](#) must demonstrate that you have met the qualifications for High Skills Major in Health and Wellness. Add to your portfolio throughout high school. Once complete, it needs to be reviewed by your school designate.

I have completed and shared my portfolio | Date of review _____ | Reviewed by _____