SHSM

SPECIALIST HIGH SKILLS MAJOR

REQUIREMENTS CHEAT SHEET

Sports

1 REQUIRED CREDITS
(Bundle of Credits)

- ☐ 4 Sports major credits (Gr. 11 & 12)
- ☐ 1 English credit (Gr. 11 or 12)
- ☐ 1 Math credit (Gr. 11 or 12)
- ☐ 1 Business studies or Science or Social sciences and humanities or additional Co-op credit (Gr. 11 or 12)
- ☐ 2 Cooperative education credits (Gr. 11 or 12)

2 CERTIFICATION WORKSHOPS
(Sector-recognized certifications & training)

COMPULSORY
Must complete the following:

- ☐ Cardiopulmonary Resuscitation (CPR) Level C- includes automated external defibrillation (AED)
- ☐ Standard First Aid
- ☐ Workplace Hazardous Materials Information System (WHMIS) - generic (i.e., not site-specific) instruction

ELECTIVES
Must complete three (or more) of the following:

- ☐ Advanced training in a technique
- ☐ Advanced training in a technology
- ☐ Anti-oppression & allyship training 🌱
- ☐ Coaching - performance
- ☐ Coaching - theory
- ☐ Communication skills 🌱
- ☐ Compass/map/global positioning system (GPS)
- ☐ Concussion awareness
- ☐ Customer service 🌱
- ☐ Equity & inclusion
- ☐ Ergonomics
- ☐ Ethical considerations 🌱
- ☐ Event coordination 🌱
- ☐ First aid/CPR/AED awareness
- ☐ Geographic information system (GIS)
- ☐ Group dynamics 🌱
- ☐ Health & safety - basic
- ☐ HIGH FIVE
- ☐ Incident management
- ☐ Infection control
- ☐ Instructor certification
- ☐ Leadership skills 🌱
- ☐ Life-saving (Bronze Cross or higher)
- ☐ Marine safety/marine first aid
- ☐ Officiating
- ☐ Personal training
- ☐ Pleasure Craft Operator
- ☐ Portfolio development 🌱
- ☐ Project management 🌱
- ☐ Risk management 🌱
- ☐ Sector-specific software 1
- ☐ Sport nutrition
- ☐ Sport program design
- ☐ Sports team trainer certification
- ☐ Wilderness first aid
- ☐ Wilderness survival
- ☐ Working with individuals with disabilities
- ☐ Wrapping & taping for performance injury

3 EXPERIENTIAL LEARNING
(And career exploration activities)

Do at least one. Examples?

- ☐ Job Shadowing
- ☐ 1-2 Weeks in the field
- ☐ Other unique experiences

4 REACH AHEADS
(Experiences to try out your path)

Attend at least one. Examples?

- ☐ Career panel or speaker 🌱
- ☐ Interview with current students or employees
- ☐ Campus or job site visit

5 SECTOR-PARTNERED EXPERIENCE (SPE)
(Industry-relevant activities)

Do at least one of these trainings:

- ☐ Industry-relevant coding
- ☐ Industry-relevant mathematical literacy
- ☐ I.C.E. (Innovation, Creativity, & Entrepreneurship) Training 🌱

🌱 *Beanstalk does this stuff.*

beanstalk CREATIVE