

Student Checklist (Health and Wellness)

Student Name: _____

School: _____

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

This checklist will help you track your progress throughout high school, as you engage in career exploration, community-based learning, and skill development. Please note that the High Skills Major Certificate is an independent certification. **You are responsible for tracking your progress and ensuring all requirements are completed.**

HSM Leads are your primary contact for support. They verify checklists and portfolios and sign off on required milestones. Connect with your HSM Lead as you work through your requirements. [Find your HSM Lead here.](#)



Focused Course Selection

Course availability varies by 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 placements must be in a Health and Wellness environment.

Students who graduate with HSM in Health and Wellness may be eligible for additional opportunities.

See the [incentives page](#) for details.

An asterisk (*) indicates that the course is available through the [Nova Scotia Virtual School](#).

a) Core Learning

1 credit:

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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:

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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:

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☐

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*

Co-op Reflection and Evidence of Placement

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Focused Course Selection

c) Supplementary Learning (continued)

CREDIT	COURSE NAME
1.0	Health and Human Services 12
1.0	Health-related Personal Development Credit
1.0	Life 11
1.0	Physical Education <i>(in addition to the one required for graduation)</i> Choose 1 credit: - 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	Science <i>(in addition to the one required for graduation)</i> Choose 1 credit: - 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

CREDIT	COURSE NAME
1.0	Entrepreneurship/Business/Technology Choose 1 credit: - Entrepreneurship 12* / Entrepreneuriat 12 - Indigenous Entrepreneurship 11 - Indigenous Entrepreneurship 12 - Business Management 12 - Business Technology 11 - Business Technology 12
1.0	Food Studies Choose 1 credit: - Food Science 12 - Food Studies and Hospitality 12
1.0	Family Studies Choose 1 credit: - Canadian Families 12 - Child Studies 11 - Family Studies 10

Reflect on the two courses you selected from the Supplementary Learning list and how they relate to your chosen career path.

Consider how the knowledge, skills, or experiences you gained in each course can support your future goals. How did each course help you develop relevant skills, explore your interests, or deepen your understanding of the career pathway? What connections can you make between what you learned and the expectations or opportunities in your chosen field?

When your reflections are complete, upload them to [myBlueprint](#).

Reflection of Supplementary Learning 1 ☐ Uploaded to myBlueprint

Reflection of Supplementary Learning 2 ☐ Uploaded to myBlueprint



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 different community-based learning experiences related to health and wellness, 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 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
- attendance at a career fair, conference, or workshop
- working with an Elder, community mentor, or knowledge holder
- participation in a school or community wellness event (e.g., health fair, wellness initiative)

1	Description	
	☐ Uploaded to myBlueprint	
	Date(s) of experience	Name of supervisor/teacher

2	Description	
	☐ Uploaded to myBlueprint	
	Date(s) of experience	Name of supervisor/teacher

3	Description	
	☐ Uploaded to myBlueprint	
	Date(s) of experience	Name of supervisor/teacher

4	Description	
	☐ Uploaded to myBlueprint	
	Date(s) of experience	Name of supervisor/teacher



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 can be uploaded to your student portfolio on [myBlueprint](#) to showcase for future employers or post-secondary institutions. Some certifications are completed during Co-Op or other courses. Your HSM Lead can help you navigate your certifications.

a) 4 required certifications

TRAINING OPPORTUNITIES OR CERTIFICATIONS	DATE OF COMPLETION	UPLOADED TO MYBLUEPRINT
Workplace Hazardous Materials Information System (WHMIS)		☐
Occupational Health and Safety (e.g. Safe@MyJob)		☐
Safe Spaces Make Great Workplaces (Nova Scotia Human Rights Commission)		☐
Working with Abilities (Nova Scotia Human Rights Commission)		☐

b) At least 2 additional certifications

Examples may include (but are not limited to):

- Emergency First Aid and CPR
- Mental Health First Aid
- Completion of workshop(s) from recognized organizations
- [WCB & Me](#) (Workers Compensation Board Training)
- [Cardiac Crash](#) (Heart & Stroke Foundation)

TRAINING OPPORTUNITIES OR CERTIFICATIONS	DATE OF COMPLETION	UPLOADED TO MYBLUEPRINT
		☐
		☐
		☐
		☐



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 HSM Lead.

☐ I have completed my portfolio

TO BE COMPLETED BY HSM LEAD

The student has met the requirements for the Nova Scotia High Skills Major Certificate

☐ Yes

☐ No

Date of review

Reviewed by