

# LAP leads to Health and Wellness, SHSM Diploma

## SHSM Pathway

- 1) Bundled Credits
- 2) Certifications
- 3) Experiential Learning
- 4) Co-op Credits
- 5) "Reach Ahead" opportunities

See your Guidance Counselor  
or [www.ugdsb.on.ca/shsm/](http://www.ugdsb.on.ca/shsm/)  
[www.ugdsb.on.ca/ccvi/](http://www.ugdsb.on.ca/ccvi/)

# SHSM

UPPER GRAND DSB



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# New & Exclusive for all UGDSB students

# LEADERSHIP AQUATIC PROGRAM

FIRST AID

CPR  
BRONZE MEDALLION  
BRONZE CROSS

NLS  
LSS SWIM INSTRUCTORS  
NCCP COACHING LEVELS  
HIGH FIVE

WHMIS

# SHSM

UPPER GRAND DSB



Available

# LAP Certifications

## FIRST AID

## CPR

## BRONZE MEDALLION

## BRONZE CROSS

## NLS

## LSS SWIM INSTRUCTORS

## NCCP COACHING LEVELS

## HIGH FIVE

## WHMIS

## RECREATION & HEALTHY ACTIVE LEADERSHIP

### PLF 4M2



Students will explore the benefits of lifelong participation in recreation. Students will develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events. Through mentoring students will promote and assist others in making informed decisions. The LAP course will prepare students for university programs in physical education and kinesiology. As well as college and university programs in recreation, leisure management, fitness, health promotion, and leadership.



## AQUATIC ACTIVITIES

### PAQ 402



The LAP course promotes participation in enjoyable aquatic activities. Student training will focus on the acquisition and development of basic life guarding skills and coaching principles. Students will learn to interact positively with others, communicate effectively and think critically and creatively.



# KEY Points

- EARN 2 CREDITS
- EARN CERTIFICATIONS
- EARN CREDITS TOWARDS SHSM DIPLOMA
- CO-OP PLACEMENTS



- COMPLETE VOLUNTEER HOURS
- DEVELOP LEADERSHIP
- TEAM BUILDING
- TEACH/COACH/MENTOR
- FACILITATE AQUATICS
- DEVELOP SKILLS
- INTEGRATED CURRICULM
- EXPERENTIAL LEARNING
- DEVELOP LASTING FRIENDSHIPS