

# HWCDSB

## Dual Credit with Mohawk College

### NEW! Physical Education - Health and Wellness

#### Program Details

##### Physical Education - Health and Wellness

The Physical Education - Health and Wellness Dual Credit program offers secondary school students the opportunity to earn **one** credit towards their Ontario Secondary School Diploma (OSSD) while earning **one** college credit towards the completion of Mohawk College's two- year diploma program in Health, Wellness and Fitness.

This dual credit will be delivered by both a Mohawk College Instructor and a Secondary School Dual Credit Teacher through course equivalencies. The dual credit is scheduled to run in **one period** over the duration of the semester.

Please note that programs and courses available are subject to change.

Course Delivery	Secondary School	Semester
Team Taught	Bishop Ryan	1

#### Course Description

##### Introduction to Health and Wellness

Explore the seven basic dimensions of wellness. The social, intellectual, emotional, occupational, environmental, spiritual and physical components allow for the development of a balanced approach to lifestyle choices. Lifestyle choices have a direct impact on an individual's short- and long-term health potential. Discuss methods of achieving one's potential in each of the interrelated dimensions.

#### DUAL CREDIT @ HWCDSB

HWCDSB Dual Credit courses and programs are offered through the School College Work Initiative and in partnership with Mohawk College.

##### Students in Dual Credit:

- Have a chance to simultaneously earn both colleges credits and high school credits
- Experience college level programming while still in high school
- Can earn high school credits that count towards completion of the Ontario Secondary School Diploma
- Can earn college credits that can count toward a College Diploma or Certificate
- Engage in an exciting experience that will help to create a successful transition to college

There is no cost to the student for tuition, transportation, textbooks, or course materials.



Hamilton-Wentworth  
Catholic District School Board

## Course Codes

Dual Credit Course	College Course Code	Secondary Course Codes
Introduction to Health and Wellness	HLTH 10081	PAF40B PAF40G

## Registration

### Eligibility

Students must be at least 17 years of age or will turn 17 while taking the Dual Credit course/program. Students who have completed all OSSD requirements (graduates) are not eligible to participate.

### How to Register

Students interested in registering for a Dual Credit are asked to contact the Student Services Department at their Secondary School.

## Additional Information and Resources

### Related Programs

Dual Credit courses and programs can count toward completion of Specialist High Skills Major (SHSM) programs and Ontario Youth Apprenticeship Programs (OYAP). Students in these programs are encouraged to explore the Dual Credit options available to them.

### Want to learn more?

For more information, please contact your Guidance Counsellor in the Student Services department at your secondary school or visit the HWCDSB myPath website: [pathtosuccess.ca](http://pathtosuccess.ca)

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