



Oakville Trafalgar HEALTH & WELLNESS

Program Overview:

The SHSM Health and Wellness program offers students the opportunity to explore post-secondary destinations in the fields of health science, medicine, and alternative therapies. Through unique classroom experiences and a variety of experiential learning opportunities, students will explore the field of health and wellness as a viable career option. Students will engage in sector specific learning experiences in the world of traditional and non-traditional therapies in order to successfully prepare for a career in a field in which there is an increasing demand for professionals. Our program is varied and adaptable to meet the diverse needs of students and provides all students with learning opportunities suited to their individual interests.

Students Will:

- Gain knowledge through the study of human anatomy, physiology, pathology, immunology, and human development
- Explore traditional and non-traditional disciplines of medicine
- Learn about and understand the health benefits associated with physical fitness and personal wellness
- Recognize the diversity of occupations in the healthcare field, and understand the role that each plays as a component of delivering a comprehensive and collaborative wellness plan
- Develop an understanding of the relationship between business, medicine, and physical fitness

Course Package:

Students in the SHSM Health and Wellness program will explore post-secondary destinations in the fields of health science, medicine, and alternative therapies through all four designated pathways including apprenticeship, college, university and the workplace.

The program consists of 9 accumulated credits in Grades 11 and 12 including:

- A combination of Major credit courses including Health for Life, Biology, Healthy Active Living or Exercise Science (depending on the destination)
- A combination of Required courses including Math, English, Science, or Social Science and Humanities (depending on the destination)
- Two Cooperative Education credits (can be earned in the summer)



PATHWAYS

Who would be interested in the program?

Students interested in pursuing careers in the field of health and wellness will appreciate the diverse range of learning and post-secondary opportunities offered in the healthcare field.

Work and Apprenticeship Pathways

Practical experience through the co-op placement, increased community involvement in the classroom, and opportunities for a wider range of hands on and practical learning, will equip students to enter the work force successfully. Training for the workplace might include lab assistant, dietary aide, fitness/personal trainer, coach, hospital employee, recreation assistant, daycare provider, early childhood educator, youth worker, or lifeguard.

College Pathway

College programs might include studies in gerontology, paramedic care, early childhood education, fire and police foundations, fitness and wellness promotion and management, laboratory technology, massage therapy, nursing, pharmacy assisting, recreation and leisure services, sports therapy and management, nutritional therapist, and social service worker.

University Pathway

SHSM participation and experiences will positively contribute towards students' University applications. University programs might include studies in dentistry, medicine, kinesiology, nursing, midwifery, naturopathy, fitness and nutrition, social work, chiropractic, physiotherapy and occupational therapy.

Program Delivery:

Students will enroll and attend the program at Oakville Trafalgar High School. All students have the option to transfer to or cross register with Oakville Trafalgar High School. Additional courses may be taken at Oakville Trafalgar, the home school, or night school. Each student will have his/her career goals examined, and the most suitable schedule and course selection choices will be determined to meet these goals.

Application Details and Contact information:

All interested students can obtain a SHSM application in the guidance office of his/her home school. For more information on the SHSM Health and Wellness program, visit www.haltonpathways.ca and www.onsorts.ca. To register for the program, please see a guidance counselor at your home school. SHSM information sessions will be held throughout the year, providing a more detailed overview of the program. You may also contact the Guidance Counselor, Mrs. S. O'Hara, at oharas@hdsb.ca or 905-845-2875 ext. 333 or SHSM Lead Teacher Mrs. K. Wheeldon, at wheeldonk@hdsb.ca for further information.



my
Blueprint
education planner
www.haltonpathways.ca

