



# WHITE OAKS SECONDARY SCHOOL HEALTH SCIENCES AND WELLNESS PROMOTION

## Program Overview:

The SHSM Health Sciences and Wellness Promotion program offers students the opportunity to explore topics and careers related to the expanding health sector. This program is designed to offer learning opportunities for students whose interests lie in areas of health sciences, health care, and/or health promotion. The skills that students will develop through the completion of this program will foster a seamless transition into a pathway of their choice.

## Students Will:

- Be exposed to a wide variety of career opportunities in the health sector
- Gain valuable practical experience through job shadowing and co-op education
- Develop an understanding and appreciation for how careers in the health sector benefit individuals and the community

## Course Package:

The SHSM Health Sciences and Wellness Promotion program enables students to access all five of the designated pathways including: community, apprenticeship, college, university and workplace. Contextualized learning will also occur in other key subject areas.

The program consists of:

- 2-4 Health & Phys. Ed. Courses
- 1 English
- 1 Math
- 1 Science
- 2 Co-op credits



## Who would be interested in the program?

This program provides focused teaching to cover the interests and designations of the enrolled students. Through co-op placement, job shadowing, and reach-ahead experiences, the student has the opportunity to explore an occupation in the health sector.

Careers in the health sector can include, but are not limited to:

### Health Sciences

- Physiotherapist
- Massage Therapist
- Chiropractor
- Family Medicine

### Health Promotion

- Health & Physical Education Teacher
- Personal Trainer/Fitness Instructor
- Sports Administrator
- Pharmacist/Pharmaceutical Rep.

### Health Care

- Personal Support Worker
- Nurse
- Social Worker
- Radiologist

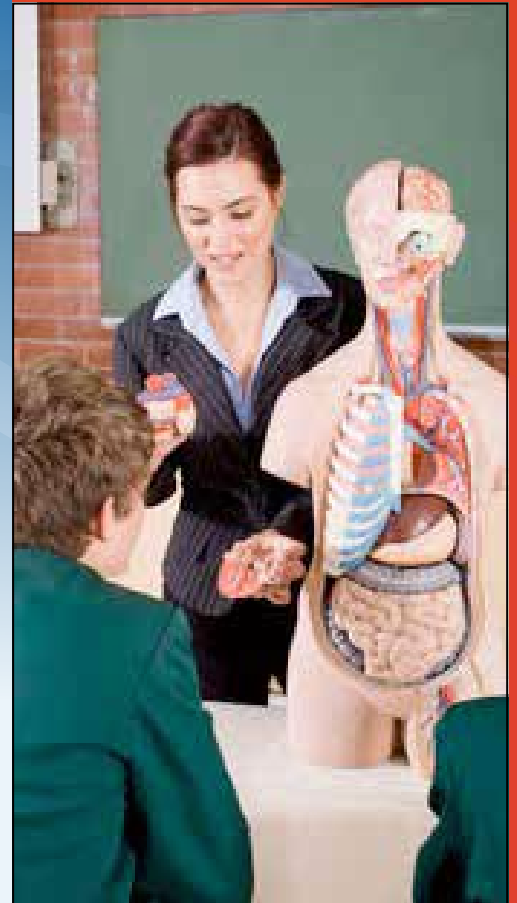
## Program Delivery Schedule:

Students will enroll to attend the program at White Oaks Secondary School in grades 11 and 12. Each student's particular career goals are examined, and the most suitable schedule and course selection is obtained.

## Application Details and Contact Information:

All interested students can obtain an application at his/her guidance office. For more information on the SHSM health and Wellness Promotion Program, visit [www.haltonpathways.ca](http://www.haltonpathways.ca). To register for the program, go to [www.onsorts.ca](http://www.onsorts.ca) or visit the guidance counselor at your school. Parent information nights are held throughout the year to allow interested students and parents to seek further information. There is a fee of \$250 for the program the covers books, certificates, field trips and uniforms.

General Contact/Program Lead: Julia Bower ([bowerj@hdsb.ca](mailto:bowerj@hdsb.ca)) & Karry Brabenec ([brabeneck@hdsb.ca](mailto:brabeneck@hdsb.ca))  
Guidance: Rick Pascoe ([pascoeri@hdsb.ca](mailto:pascoeri@hdsb.ca)).



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