

HEALTH & FITNESS LEADERSHIP

Elsie MacGill
 Secondary School

**PROGRAM PENDING MINISTRY APPROVAL -
 CHECK WITH GUIDANCE OFFICE FOR DETAILS**

PROGRAM OVERVIEW

The demand for professionals in the Healthcare sector in Ontario is rapidly increasing as Canada's population ages. The healthcare sector includes a wide variety of career opportunities and employs close to 2 million people across Canada. The Specialist High Skills Major (SHSM) Health & Wellness program prepares students to pursue occupations in a broad range of health and medical-related fields.

Specialist High Skills Major programs offer first-hand experience and unique training in all four career pathway destinations: Apprenticeship, College, University and the Workplace. The SHSM program in health and wellness gives students an opportunity to specialize, gain qualifications, and receive additional industry-related experiential learning opportunities through on-the-job placements and training within the healthcare sector. Students will gain valuable skills within the health and fitness sector to prepare them for careers in a broad range of health care fields. Through an integrated leadership model, students will gain experience leading various groups, learn the use of fitness equipment and training methods, and develop their knowledge of health and health care.

Experiential Learning Opportunities

- Job-shadow fitness and health professionals
- Complete two Cooperative Education credits
- Hands-on skills and training in various forms of fitness training
- Learn how to use fitness equipment properly and safely
- Listen to guest speakers, attend field trips, and participate in other workplace experiences as part of career exploration

Related Careers

- Fitness instructor
- Personal trainer
- Naturopath
- Physical therapist
- Educational assistant
- Personal Support Worker
- Paramedic
- Medical assistant
- Nutritionist
- Strength & Conditioning Coach
- Occupational / Physical therapist
- ...and more

Certifications & Training

- CPR
- Meditation Foundations
- Advance Anatomy
- Functional Exercise Design
- Safe Food Handling
- Conflict Resolution
- Group Dynamics Training
- Communication Skills
- Ergonomics and Injury Prevention
- Coaching Theory Level 1

CREDITS

Course Package

Each SHSM program offers students a bundle of 8 - 10 credits. These courses are regular Ontario secondary school courses that allow students to work towards their Ontario Secondary School Diploma, but have been bundled as the most relevant courses to prepare students for a future in the fitness and/or health & wellness sector.

The Bundle Includes:

- **4 “major” credits** in health and wellness in grade 11 and 12; 2 Credits Co-operative Education (internship in a leadership setting), GPP3O & PLF4M
- **Supporting credits**, which include Contextualized Learning Activities (opportunities for students to learn the subject in the context of the fitness and health sector):
 - > Grade 12 English credit
 - > 1 Grade 11 Math credit
 - > Grade 11 or 12 Science or Social Science & Humanities
 - > 2 Cooperative Education credits to experience life in the health/fitness sector

Applying to the Health & Fitness Leadership SHSM at Elsie MacGill Secondary School:

All students in Halton are able to attend the Health & Fitness Leadership SHSM at Elsie MacGill S.S in Grade 11 or Grade 12. Each student’s goals will be assessed and course selection will be determined based on individual needs.

If you want to learn more about this program:

- Check out the Health and Wellness SHSM at haltonpathways.ca
- Express interest on myblueprint.ca/halton
- Speak with your guidance counsellor in student services
- Come to a Pathways Planning Information Evening (see haltonpathways.ca for dates and times)

KEY CONTACTS

Brittany Jackson (jacksonb@hdsb.ca)

Natasha Cannon (cannonn@hdsb.ca)

Amanda Peers (peersa@hdsb.ca)

Kyle Pope (popesk@hdsb.ca)

Elsie MacGill Secondary School

1410 Bronte Street S

Milton ON L9E 1B9



**ELSIE MACGILL
SECONDARY SCHOOL**

