HEALTH & WELLNESS

M.M. Robinson High School

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.

Experiential Learning Opportunities

- Job-shadow health professionals
- Complete two Cooperative Education credits
- Get work experience in the healthcare sector
- Field trips to local college/ university campuses to experience anatomy or kinesiology labs
- Listen to guest speakers experiences as part of career exploration

Related Careers

- Fitness Instructor
- Reflexology
- Naturopath
- Child & Youth Worker
- Medical Assistant
- Nurse
- Personal Support Worker
- Physical Therapist or Therapy Assistant
- Sports Massage Therapist
- Strength and Conditioning (S&C) Coach

...and more

Certifications & Training

- CPR Level C / AED Training / Standard First Aid / WHMIS
- Infection Control
- Child Safety and Injury Prevention
- Coaching Level 1 Theory
- Communication Skills Certificate
- Complementary & Alternative Healthcare
- Conflict Resolution
- Group Dynamics Training
- NCCP - Initiation in Sport
- Personal Fitness Trainer Certificate
- Safe Food Handling

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 health and wellness sector.

The Bundle Includes:

- **4 "major" credits** in health science and wellness in grade 11 and 12, which focus on health and medical theory with an emphasis in health sciences and includes anatomy, physiology, kinesiology and biology
- **Supporting credits,** which include Contextualized Learning Activities (opportunities for students to learn the subject in the context of the health and wellness sector):
  - > Grade 12 English credit
  - > 1 Grade 12 Math credit
  - > Grade 11 Chemistry or Physics or Grade 12 Nutrition Science and Health credit
  - > 2 Cooperative Education credits to experience life in the healthcare sector

Applying to the Health & Wellness SHSM at M.M. Robinson:

All students in Halton are able to attend the Health & Wellness SHSM at M.M. Robinson 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 & 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)

CONTACT

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