

HEALTH & WELLNESS

Aldershot
 Secondary 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. In this program, students earn 4 credits in one semester (Grade 12 PLF4M, Grade 12 kinesiology PSK4U and two co-operative education credits).

Experiential Learning Opportunities

- Job-shadow fitness 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

- Athletic Trainer
- Fitness Instructor
- Physical Therapist
- Medical Assistant
- Physical Therapy Assistant
- Physical Therapist
- Sports and Fitness Nutritionist
- Sports Massage Therapist
- Sports Medicine Aid (or Aide)
- Strength and Conditioning (S&C) Coach
- Yoga Instructor
- ...and more

Certifications & Training

- Standard First Aid / CPR & AED (Level C) / WHMIS
- Yoga foundations certificate*
- Meditation and Mindfulness Foundations Certificate*
- Advanced Anatomy certificate*
- Functional Exercise and Design certificate*

* 20 hour, provided by an RYT YACEP instructor

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 with a focus on Fitness.

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), PSK4U & PLF4M
- **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 11 Math credit
 - > Grade 11 or 12 Science or Social Science & Humanities
 - > 2 Cooperative Education credits to experience life in the healthcare sector

Applying to the Health and Wellness SHSM at Aldershot Secondary School:

All students in Halton are able to attend the Health and Wellness SHSM at Aldershot 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)

CONTACT

Cara Greenslade

Aldershot Secondary School
50 Fairwood Pl W
Burlington ON L7T 1E5
greenslaadec@hdsb.ca



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