



Fitness & Health Promotion SPECIALIST HIGH SKILLS MAJOR

Potential Careers

- ✓ Sports Agent
- ✓ Athlete
- ✓ Coach
- ✓ Nutritionist
- ✓ Personal Trainer
- ✓ Recreation and Leisure Services
- ✓ Sport Conditioning

A “Head-Start ” – Program Overview

The Specialist High Skills Major (SHSM) program in Sports Leadership, Fitness, Performance and Promotion gives students an opportunity to specialize, gain qualifications, and plan a career pathway in various areas of the Sport sector while still in high school. The SHSM Program has a number of required components, designed to give students a “head start” to pursue post-secondary opportunities in each of the identified sectors, valuing apprenticeship, college, university and direct entry into the world of work.

The Sports sector offers students the opportunity to follow their passion for sports performance, recreational studies, the industry of sport including marketing, management and event planning, as well as athletic treatment and preparation.



The SHSM Experience

- Gain an awareness of career opportunities in the Sport sector
- Participate in workshops and sessions with industry professionals
- Incorporate treatment techniques for injury rehabilitation and prevention
- Learn a variety of kinesiology, sport medicine and athletic therapy applications
- Attain practical certifications in coaching, training and officiating
- Develop transferrable skills compatible with multiple pathways to all post-secondary destinations

What is my Plan for Achieving My Goals?

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 Sports sector.

The bundle includes:

- 4 “major” credits in Fitness and Sport at the Senior level (Grades 11 and 12). Courses are dependent on the focus of each respective program – contact Lead Teachers or Guidance contacts for information about specific course offerings / requirements.
- Supporting credits, which include Contextualized Learning Activities - opportunities for students to learn the subject in the context of the Sport sector i.e. Students complete a business project that is sector-specific
 - » 1 Grade 12 English
 - » 1 Grade 11 or 12 Art, Business Studies or Science credit
 - » 2 cooperative education credits that relate directly to the Sports and Fitness sector

What are My Opportunities?

- **Resume-building and Awareness Training:** Students complete sector-recognized certifications related to the major and selected from a list, including Standard First Aid, CPR Training, WHMIS and Automated External Defibrillation [AED].
- Additional electives specific to the sector including, but not exclusively: Coaching / Personal Trainer, Instructor certifications, CanFit Pro, NCCP Coaching Level I, officiating, wrapping and taping for sports, fitness and conflict resolution
- **Experiential Learning Opportunities:**
 - » Have the opportunity to job-shadow industry professionals
 - » Complete 2 Cooperative Education credits and get work experience in the sector
 - » See guest speakers, go on field trips and other workplace experiences to explore potential careers related to Sports and Fitness
- **Reach Ahead Experiences:** Visit College and University campuses to explore potential post-secondary pathway opportunities
- Completing the SHSM program prepares students for their pathway to apprenticeship, college, university or work

School: Corpus Christi CSS, Burlington

SHSM Program: FITNESS & HEALTH PROMOTION

Focus: Fitness & Health Promotion

Program Teacher: Andrea Martin-Scott martina@hcdsb.org

For more information on the Specialist High Skills Major program:

- contact the program teacher
- contact your school guidance counsellor
- log into myblueprint.ca/hcdsb
- visit <https://haltonpathways.ca> and <https://studentsuccess.hcdsb.org>

