



Health & Wellness SPECIALIST HIGH SKILLS MAJOR

Potential Careers

- ✓ Paramedical Occupations
- ✓ Health Care Aide
- ✓ Practical Nurse
- ✓ Chiropractor
- ✓ Kinesiologist
- ✓ Midwife
- ✓ Nutritionist
- ✓ Registered Nurse
- ✓ Sports Therapist
- ✓ Certified Personal Trainer
- ✓ Fitness Instructor

A “Head-Start ” – Program Overview

The Specialist High Skills Major (SHSM) program in Health and Wellness gives students an opportunity to specialize, gain qualifications, and plan a career pathway in various areas of the Health and Wellness 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.

Health and Wellness education helps our young people build their confidence, express their individuality, creativity and improve how well they learn other school subjects. Studies show that students who participate in Health and Wellness education can develop math, literacy and writing skills with increased proficiency.



The SHSM Experience

- Gain an awareness of career opportunities in the Health and Wellness sector
- Participate in workshops and sessions with industry professionals
- The practical and theoretical application of fitness education, the study of anatomy, pathophysiology, immunology and human development
- Students learn the skills to perform health care related activities/clinical environment, client assessment and management as well as practice effective communications techniques
- Develop transferrable skills compatible with multiple pathways to all post-secondary destinations in Health and Wellness and graduate with a resume as well as a diploma

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 Health and Wellness sector.

The bundle includes:

- 4 “major” credits in the Health and Wellness 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 Health and Wellness sector i.e. Students complete a business project that is sector-specific
 - » 1 Grade 12 English
 - » 1 Grade 11 or 12 Mathematics credit
 - » 2 cooperative education credits that relate directly to Health and Wellness

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 Infection Control
- Additional electives specific to the sector including, but not exclusively: Automated External Defibrillation [AED], conflict resolution, coach / personal trainer, personality inventory, sterile techniques, lab practices, leadership – group activities, and fitness
- **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 Health and Wellness
- **Reach Ahead Experiences:** Visit College and University campuses and industry partners to explore potential post-secondary pathway opportunities
- Completing the SHSM program prepares students for their pathway to apprenticeship, college, university or work

School: St. Thomas Aquinas CSS, Oakville

SHSM Program: HEALTH & WELLNESS

Focus: Health & Wellness

Program Teacher: Deborah Polak polakd@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>

