

Health and Wellness

Program Overview

Across Ontario, the Health and Wellness sector promises significant job growth. Due to our aging population, there is a demand for young people with the skills and education to do a wide variety of health-related careers such as **physiotherapist, doctor, dental hygienist, nurse, radiologist, ultra sound technician, child care worker, sports therapist, psychologist, massage therapist and many more**. Hamilton Health Sciences is one of the largest employers in our city, so students who are interested in this sector will have great opportunity for employment after completing their education and training with this employer or many others.

The Specialist High Skills Major (SHSM) program in Health and Wellness provides students with focused education in sector relevant courses, experiential learning opportunities, reach-ahead experiences and valuable training and certifications. Through their participation in the SHSM Health and Wellness program, students gain the knowledge and skills required to pursue many different health-related post-secondary opportunities that will lead to a fulfilling career in the Health and Wellness sector.

Course Package

Each SHSM program offers students a bundle of 8-10 regular Ontario Secondary school courses that been selected as the most relevant courses to take to prepare students for a career in that sector. As students work towards their OSSD, they are **focusing their education and learning relevant skills through sector-recognized certification and training programs and experiences for a multitude of post-secondary programs in the Health and Wellness sector.**

The bundle includes:

- **4 major credits** in Health and Wellness in grade 11 and 12. The focus of these courses can be health care, science, fitness, health and physical education or a combination depending on the focus of the student's program choice/pathway.
- **Supporting Credits**, which include Contextualized Learning Activities (CLAs).
 - ❖ 1 Grade 12 English credit
 - ❖ 1 Grade 11 Math credit or 1 grade 12 Math credit for students pursuing the university pathway
 - ❖ 1 grade 11 or 12 Science or Social Studies or Humanities credit
 - ❖ 2 Cooperative Education credits to experience a career in the Health and Wellness sector

Approved Major Credits (Minimum of 4):

- ✓ Healthcare (TPJ 3C/3M, TPJ 4C/4M)
- ✓ Biology (SBI 3C/U, SBI 4C/4U)
- ✓ Chemistry (SCH 3U, SCH 4C/4U)
- ✓ Physics (SPH 3U, SPH 4C/4U)
- ✓ Raising Healthy Children (HPC 3O)
- ✓ Families in Canada (HHS 4C/4U)
- ✓ Working with School Age Children (HPD 4C)
- ✓ Nutrition and Health (HFA 4C)
- ✓ Personal and Fitness Activities (PAF 3O/4O)
- ✓ Healthy Active Living (PPL 3O)
- ✓ Large Group Activities (PAL 4O)
- ✓ Introductory Kinesiology (PSK 4U)
- ✓ Dance (ATC 3O/3M, ATC 4E/4M)
- ✓ Exploring Hairstyling and Aesthetics (TXJ 3E/4E)
- ✓ World Religion (HRF3O/HRT 3M)

Approved Supporting Credits:

- ✓ English (ENG 4E/4C/4U)
- ✓ Mathematics for Work (MEL 3E/4E)
- ✓ Foundations for College Mathematics (MBF 3C/4C)
- ✓ Functions and Applications (MCF 3M)
- ✓ Functions and Relations (MCR 3U)
- ✓ Advanced Functions (MHF 4U)
- ✓ Calculus and Vectors (MCV 4U)
- ✓ Mathematics Data Management (MDM 4U)
- ✓ Any Science, Social Studies or Humanities Course
- ✓ Literacy Course (OLC 4O)
- ✓ Learning Strategies (GLS 4O/GLE 4O)
- ✓ Cooperative Education

Health and Wellness Requirement Checklist by Pathway

| Credits | Apprenticeship Pathway Grades 11-12 | College Pathway Grades 11-12 | University Pathway Grades 11-12 | Workplace Pathway Grades 11-12 |
|---|---|---|---|---|
| Major Credit One credit may be substituted with a cooperative education credit (additional to the 2 required co-op credits) | 4 Including at least one Gr.11 and one Gr.12 credit | 4 Including at least one Gr.11 and one Gr.12 credit | 4 Including at least one Gr.11 and one Gr.12 credit | 4 Including at least one Gr.11 and one Gr.12 credit |
| English including a CLA | 1 | 1 | 1 | 1 |
| Mathematics including a CLA | 1 | 1 | 1 | 1 |
| Science or Social Studies or Humanities including a CLA | 1 | 1 | 1 | 1 |
| Cooperative Education | 2 | 2 | 2 | 2 |
| Total Number of Credits | 9 | 9 | 9 | 9 |

*Additional Co-op credits can substitute for a Major and/or Other credit.

Sector-recognized Certifications/Training Courses/Programs

| Four Compulsory | | | |
|--|-------------------------|---|--|
| CPR | Infection Control | Standard First Aid | Workplace Hazardous Materials Information System (WHMIS) – general |
| Three Electives from the list below | | | |
| Advanced Training in a technique (i.e. feeding, airway management, IV insertion) | Allergy Awareness | Ambulation, lifting and transfers | Animal First Aid |
| Babysitting | Behaviour Management | Child Safety and Injury Prevention | Communication Skills |
| Concussion Awareness | Conflict Resolution | Customer Service | Ethical Considerations |
| Fire Safety and Fire Extinguisher use | Fitness | Food Handler Certification | Group Dynamics |
| Innovation, Creativity and Entrepreneurship (ICE) | Lab Practices | Leadership Skills | Marine and Wilderness First Aid |
| Medical Terminology | Mental Health First Aid | Non-violent Crisis Intervention | Personal Training |
| Personality Inventory | Portfolio Development | Project Management | Safe Body Mechanics |
| Safe Food Handling – basic | Sign Language | Specialized Care (i.e. diabetes, nutrition) | Sterile Techniques |
| Stress Management Techniques | SafeTALK | Waste Management | Wrapping and Taping for performance injury |

*Many Certifications and Training are completed within regular school course curriculum.