

Health and Wellness



Is this your future career?

Experiential learning, reach ahead activities, certification and more... at **NO COST** to you.

About the Specialist High Skills Major (SHSM)

The Specialist High Skills Major (SHSM) is a specialized program approved by the Ministry of Education that allows students to focus their learning on a specific economic sector while meeting the requirements of the Ontario Secondary School Diploma (OSSD).

SHSMs assist students in their transition from secondary school to apprenticeship training, college, university or the workplace.

These programs enable students to gain sector-specific skills and knowledge in engaging, career-related learning environments, and prepare in a focused way for graduation and postsecondary education, training or employment.

Profile - Health and Wellness

Kinesiologist, child care worker, audiologist, fitness instructor, doctor, nurse, physiotherapist, youth care worker, hospital porter, and medical technician are just some of the numerous and varied occupations in the health and wellness sector. This sector not only has a wide variety of careers, but also is significant for the number of workers it employs. According to *Canada's Health Care System*, published by Health Canada in 2005, "approximately 1.6 million people work in health care and social services in Canada"¹. The same publication states that this figure makes this sector "the nation's third largest employer after manufacturing and the retail trade".

The demand for health and wellness professionals will only increase. One reason is that a large number of employees in the sector are nearing retirement age. A survey conducted in 2002 found that "12% of the total number of [Ontario's] health care professionals... are over the age of 55."² In addition, as our population ages, the demands on the health care sector will rise.

For more information, news articles and where this program is being offered, visit SHSM.rainbowschools.ca

¹ Health Canada, *Canada's Health Care System*, www.hc-sc.gc.ca/hcs-sss/alt_formats/hpb-dgps/pdf/pubs/2005-hcs-sss/2005-hcs-sss_e.pdf.

² MEDIAFORCE Helpdesk, *The Ontario Health Care Labour Market*, <http://testunix.mediaforce1.com/itp/LM%20Report/1%20HealthCareLabour.pdf>.

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Required Components for the SHSM – Health and Wellness

The SHSM – Health and Wellness has the following five required components:

1. A bundle of nine Grade 11 and Grade 12 credits.

These credits make up the bundle:

- Four health and wellness major credits that provide sector-specific knowledge and skills
- Three other required credits from the Ontario curriculum, in English, mathematics and social sciences and humanities or science, in which some expectations are met through learning activities contextualized to the health and wellness sector
- Two co-operative education credits that provide authentic learning experiences in a workplace setting, enabling students to refine, extend, apply and practise sector-specific knowledge and skills

Exception: If a student obtains a four (4) credit co-op, they may choose to use one additional co-operative education credit to substitute for one “major credit” and/or one “other required credit” (not from the Math or English categories).

Required Credits	Health and Wellness Major	English*	Mathematics*	Social Sciences and Humanities or Science*	Co-operative Education
Grade 11	2		1		
Grade 12	2	1		1	2
Number of credits (Total = 9)	4	1	1	1	2

* Includes content delivered in the sector's context.

There are NO extra credits required to complete this program.

All required credits may be obtained within the 30 required credits for the Ontario Secondary School Diploma (OSSD).

2. Seven sector-recognized certifications and/or training courses/programs

The SHSM in health and wellness requires students to complete seven sector-recognized certifications and/or training courses/programs. Of these, four are compulsory and the remaining three are electives that must be chosen from the list in the following table. Note that items in the list that are capitalized are the proper names of specific certifications or training courses/programs that are appropriate for the SHSM. Items that are lowercased are names of the areas or categories within which specific certifications or training courses/programs should be selected by the school or board.

The requirements are summarized in the table below.

Four Compulsory:			
Cardiopulmonary Resuscitation (CPR) Level C	generic (i.e. not site specific) instruction about the Workplace Hazardous Materials Information System (WHMIS)	infection control	Standard First Aid

Three Electives from the list below:			
ambulation, lifting and transfers	automated external defibrillation (AED)	babysitting	behaviour management
coach/personal trainer	communication skills	conflict resolution	customer service
ethical considerations	feeding assistance	fitness	group dynamics
lab practices	leadership – group activities	marine and wilderness first aid	medical terminology
non-violent crisis intervention	personality inventory	safe body mechanics	safe food handling – basic
sign language	specialized care (e.g. diabetes, dementia)	sterile techniques	suicide prevention
waste management			

3. Experiential learning and career exploration activities

Experiential learning and career exploration opportunities relevant to the sector might include:

- one-on-one observation of a co-operative education student at a placement in the health and wellness sector (example of job twinning)
- a day-long observation of a health and wellness sector employer or employee (example of job shadowing)
- a one-or two-week work experience with a member of an industry association or a professional in the sector (example of work experience)
- a volunteer experience in a long-term care facility

Experiential learning activities are at NO COST.

(Exceptions may apply to out of town trips.)

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- an experience coaching an elementary school student in reading as part of a reading buddy program or other curricular or extracurricular activities
- assisting in an exercise class in a long-term care facility
- attendance at a health and wellness sector career fair
- Experiential learning and career exploration activities in the health and wellness sector may require a student to consent to a police records check, immunization clearance and/or confidentiality and privacy agreements.

4. Reach ahead experiences

Students are provided one or more reach ahead experiences – opportunities to take the next steps along their chosen pathway – as shown in the following examples:

- Apprenticeship: visiting an approved apprenticeship delivery agent in the sector
- College: interviewing a college student enrolled in a sector-specific program
- University: observing a university class in a sector-related program
- Workplace: interviewing an employee in the sector

Reach ahead activities are at NO COST.

(Exceptions may apply to out of town trips.)

5. Essential Skills and work habits and the OSP

Students will develop Essential Skills and work habits required in the sector and document them using the Ontario Skills Passport (OSP), a component of the SHSM.

Seven Key Benefits for Students

Pursuing a SHSM enables students to:

- 1 Customize their secondary school education to suit their interests and talents
- 2 Develop specialized knowledge and skills that are valued by the sector and postsecondary education institutions
- 3 Earn credits that are recognized by the sector and postsecondary education institutions

Seven Key Benefits for Students *(continued)*

- 4 Gain sector-specific and career-relevant certification and training
- 5 Develop Essential Skills and work habits that are valued by the sector, recorded using the tools in the Ontario Skills Passport (OSP)
- 6 Identify, explore and refine their career goals and make informed decisions about their postsecondary destination
- 7 Remain flexible, with the option to shift between pathways should their goals and plans change

Occupations in the Health and Wellness Sector

The following table provides examples of occupations in the health and wellness sector, with corresponding National Occupation Classifications, sorted according to the type of postsecondary education or training the occupations would normally require.

Apprenticeship Training
<ul style="list-style-type: none"> • Child and Youth Worker 4212 • Early Childhood Educator 4214 • Educational Assistant 6472
University
<ul style="list-style-type: none"> • Audiologist or Speech Language Pathologist 3141 • Chiropractor 3122 • Dentist 3113 • Dietitian 3132 • Family, Marriage and Other Related Counsellors 4153 • Hospital Equipment Sales Representative 6221 • Kinesiologist 3235 • Medical Microbiologist 3111 • Medical Sonographer 3216 • Midwife 3232 • Nutritionist 3132 • Optometrist 3121 • Pharmacist 3131

Note: Some of the names of occupations in this table may differ slightly from the names given in the National Occupation Classification system.

The names listed here reflect common usage by institutions and organizations in this sector in Ontario.

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Alternative Medicine

- Podiatrist 3123
- Psychiatrist 3111
- Registered Nurse 3152
- Sports Therapist 3144

College

- Ambulance Attendants and Other Paramedical Occupations 3234
- Biomedical Engineering Technologist 2241
- Community and Social Service Worker 4212
- Dental Hygienist or Dental Assistant 3222
- Documentation Clerk 1441
- Funeral Director or Embalmer 6272
- Health Care Aide 3413
- Hospital Information Clerk 1434
- Medical Laboratory Technician 3212
- Medical Secretary 1243
- Pharmacy Technician 3414
- Practical Nurse 3233
- Primary Care Paramedic 3234
- Registered Massage Therapist 3235
- Registered Orthopaedic Technologist 3414
- Respiratory Therapist 3214

Workplace

- Blood Donor Clinic Assistant 3414
- Certified Personal Trainer 5254
- Doctor's Office Receptionist 1414
- Fitness Instructor 5254
- Hospital Admitting Clerk 1414
- Hospital Cleaner 6661
- Hospital Porter 3413
- Lifeguard 5254
- Recreation Program Leader 5254

REGISTRATION FORM



Specialist High Skills Major – Health and Wellness

Personal Information: *Please print neatly and provide the information below.*

Legal Name: _____
Surname First Name Middle Initial

Current School: _____ Student ID #: _____

Home Address: _____

City/Town: _____ Postal Code: _____

Home Telephone: _____ Cell: _____ E-Mail: _____

Which pathway do you plan to pursue? *(Please check one.)*

- Apprenticeship Training Workplace College University

Are you currently enrolled as an OYAP student? Yes No

Have you taken or are you currently enrolled in any Dual Credit courses? Yes No

If yes, please provide details: Course Code _____ Course Name _____

Currently enrolled: Yes No

Completed: Yes No If yes, provide date of completion: _____

 Student's Signature

 Parent/Guardian Signature

 Print name (Student)

 Print name (Parent/Guardian)

 Date

Once you have completed the Registration Form, please submit it to the Guidance Department at your school for processing. A member of the SHSM team will be in contact with you shortly to set up your file and get you started on your journey to success.

In accordance with the Municipal Freedom of Information and Protection of Privacy Act, personal information is being collected under the authority of the Education Act and will be used to register students in a Specialist High Skills Major. For more information, please contact the Principal.

Congratulations on choosing an exciting future!

School Contact Information: