



BANTING MEMORIAL HIGH SCHOOL

Specialist High Skills Major Health & Wellness



Health and Wellness: Fitness and Health Promotion

The Health and Wellness industry is growing in Ontario. As the population ages, more emphasis will be placed on careers related to caring for the elderly. In addition, a more health conscious society has created new niche careers in health and wellness. This two year program consists of a bundle of 4 credits in either physical education, sciences or parenting. It also includes a cooperative work placement in a related field which will give students valuable work experience when pursuing their post-secondary goals.

Students are also required to complete several sector related certifications and contextualized learning activities (CLA's) within other required courses.

SHSM students will be given the opportunity to participate in specialized SHSM field trips and activities. This may include visits to colleges or universities, classroom guest speakers or leadership opportunities within the school.



203 Victoria Street East, Alliston, ON L9R 1G5

(705) 435-6288



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PROGRAM CONTENT

- 4 Health & Wellness Credits
- 2 Co-operative Education Credits
- 6 Certifications
- Reach Ahead Experiences
- Contextualized Learning Activities
- Field Trips and Experiential Learning

THE CERTIFICATIONS THAT WILL BE COMPLETED DURING THE PROGRAM INCLUDE:

- WHIMIS
- First Aid
- CPR
- Infection Control
- Service Excellence
- Leadership: Group Activities

SOME OCCUPATIONS IN THE HEALTH & WELLNESS SECTOR INCLUDE:

Child Care Worker

Doctor

Physiotherapist

Dentist

Paramedic

Optician

Personal Trainer

Audiologist

Nurse

Medical Technician

Massage Therapist

Pharmacist

Dietician

Teacher/Coach

Interested students must complete an application form including references from former teachers or employers.

Contact Our Guidance Department Today.



**Simcoe County
District School Board**