

# HEALTH & WELLNESS

**BANTING MEMORIAL  
 HIGH SCHOOL**

## PROGRAM OVERVIEW

The demand for professionals in the healthcare sector in Ontario is rapidly increasing as Canada's population ages. The Health and Wellness Specialist High Skills Major (SHSM) at Banting Memorial High School has a dual focus in both athletic development and hairstyling & aesthetics. The athletic development focus helps meet the interests of students in fitness, health, and wellness initiatives. Students will build their resume by completing certifications that come at no cost and will take part in several experiential learning opportunities. At Banting Memorial High School, students have the opportunity to focus their learning on mental health, nutrition, and physical health. As part of cooperative education, students will have the opportunity to learn in a business or community organization connected with the health sector. College, university, and workplace opportunities will also be explored as part of this program.

### Experiential Learning Opportunities

- Presentations related to different careers within the sector
- Opportunity to explore and participate in health and wellness related workshops
- Complete two cooperative education credits
- Complete experiences related to math, coding or the design thinking process related to the health and wellness sector

### Related Careers

- Chiropractor
- Dietician
- Fitness Instructor
- Kinesiologist
- Laboratory Technician
- Massage Therapist
- Nurse
- Occupational Therapist
- Personal Trainer
- Physiotherapist
- Teacher / Educator
- ...and more

### Certifications & Training

- Standard First Aid
- CPR Level C with AED
- WHMIS - GHS
- Leadership Skills
- Conflict Resolution Skills
- Crisis Intervention
- Athletic Wrapping & Taping
- Group Dynamics
- Mental Health Awareness
- Advanced Fitness Techniques
- Safe Body Mechanics
- ...and more

# CREDITS

## Course Package

Each SHSM program offers students a bundle of eight to ten 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 health and wellness in Grade 11 and 12
- **Supporting credits**, which provide opportunities for students to learn the subject in the context of the health and wellness sector:
  - One Grade 11 or 12 English credit
  - One Grade 11 or 12 math credit
  - One Grade 11 or 12 science or social science and humanities credit
  - Two cooperative education credits to experience life in the health and wellness sector

### Applying to the Health & Wellness SHSM:

All students in Simcoe County are able to attend the Health and Wellness SHSM at Banting Memorial High School in Grades 11 and 12. Each student’s goals will be assessed and course selection will be determined based on their needs.

### If you want to learn more about this program:

- Check out the Health and Wellness SHSM at [ontario.ca/SHSM](http://ontario.ca/SHSM)
- Talk to Mandy Mitchell or Karen O’Reilly in the Gym
- Speak to a guidance counsellor or co-op teacher
- Visit Banting Memorial High School on a parent/guardian information night

## CONTACT

**Mandy Mitchell or Karen O’Reilly**  
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