

Nutrition and Human Performance SHSM

Health and Wellness Sector



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).

SHSM's 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.

Who would be Interested in this Program

This program provides focused teaching to cover the interests and designations of the enrolled students. Through co-op placement, job shadowing, and reach-ahead experiences, the student has the opportunity to explore an occupation in the health sector.

Careers in the health sector can include, but are not limited to:

Health Sciences

- Physiotherapist
- Massage Therapist
- Chiropractor
- Family Medicine

Health Care

- Personal Support Worker
- Nurse
- Social Worker
- Radiologist

Health Promotion

- Health & Physical Education Teacher
- Personal Trainer/Fitness Instructor
- Sports Administrator
- Pharmacist/Pharmaceutical Rep.

Skillset

The SHSM-Health and Wellness Program will help students develop:

- A strong foundation to learn in Health industries
- Lab practices and first aid skills
- Personal management skills
- Teamwork skills
- Communication skills
- Leadership skills
- Self-confidence



REQUIREMENTS

Four health and wellness major credits that provide sector specific knowledge and skills.

Three other required credits one in English; mathematics; science or social sciences.

Two cooperative education credits that provide authentic learning experiences in a workplace setting (Can be taken in the Summer between grade 10 and 11)

Work and Apprenticeship Pathways

Practical experience through the co-op placement, increased community involvement in the classroom, and opportunities for a wider range of hands on and practical learning, will equip students to enter the work force successfully. Training for the workplace might include lab assistant, dietary aide, fitness/personal trainer, coach, hospital employee, recreation assistant, daycare provider, early childhood educator, youth worker, or lifeguard.



College Pathway

College programs might include studies in gerontology, paramedic care, early childhood education, fire and police foundations, fitness and wellness promotion and management, laboratory technology, massage therapy, nursing, pharmacy assisting, recreation and leisure services, sports therapy and management, nutritional therapist, and social service worker.



University Pathway

SHSM participation and experiences will positively contribute towards students' University applications. University programs might include studies in dentistry, medicine, kinesiology, nursing, midwifery, naturopathy, fitness and nutrition, social work, chiropractic, physiotherapy and occupational therapy.



Field Trips/Certifications

- Gatineau Hills Nordic Walking
- Algonquin Tour
- CPR and First Aid training - 2 days
- Infection Control Certification - In School
- Taping and Wrapping Certification and Concussion Information
- Dietain Tour at a store or The Butchery Tour and Lunch - Food Safety Certification
- Smart Serve
- Moving Forward to College and University - Money Management
- End of Year Lunch for grade 12's

How Does it Work

Customize your education based on the courses you are already taking.

SHSM student receive many **FREE** perks, like: CPR and First Aid Trainer, Field Trips, workshops and many more.



Where Will SHSM Take Place?



Taping and Wrapping Workshop



Hiking in Gatineau Park

