

Health and Wellness Specialist High Skills Major

What is the Specialist High Skills Major?

The Specialist High Skills Major (SHSM) enables students to customize their high school experience to suit their interests and talents, and prepare for a successful post-secondary transition to apprenticeship training, college, university, or employment, while meeting the requirements of the Ontario Secondary School Diploma (OSSD).

The SHSM enables students to gain the sector-identified preparatory credits, skills and knowledge, and make informed career decisions. This makes the learning experience more engaging for students, focuses them on graduation and prepares them to pursue their career goals.

Kinesiologist, child care worker, nutritionist, audiologist, fitness instructor, doctor, nurse, physiotherapist, youth care worker, personal support worker, and medical technician are just some of the numerous and varied occupations in the health and wellness sector. According to Canada's Health Care System, published by Health Canada, "approximately 1.6 million people work in health care and social services in Canada". 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.

What are the required components of this program?

1. A selected bundle of nine Grade 11 and Grade 12 credits that comprises:

- Four major Health and Wellness credits which include:

Food and Culture, (HFC3EI / HFC3MI)	Contemporary Aboriginal Voices, (NBE3CI)
Food and Healthy Living, (HFL4EI)	Personal Fitness, (PAF)
Nutrition and Health, (HFA4CI / HFA4UI)	Healthy Active Living, (PPL)
Families in Canada, (HHS4CI / HHS4UI)	Kinesiology (PSK)
Personal Life Management, (HIP4OI)	Biology (SBI)
Parenting, (HPC3OI)	Chemistry, (SCH)
Living and Working With Children, (HPW3CI)	Physics, (SPH)
Challenge and Change in Society, (HSB4UI)	Environmental Science, (SVN)
Introduction to Anthropology, Psychology and Sociology, (HSP3CI / HSP3UI)	Success in Health (GLI4TI)
Philosophy, (HZT4UI)	

- Three other required credits; one in English, one in Math and one credit in Science, Social Science or Humanities
- Two cooperative education credits tied to the sector

1. Seven sector-recognized certifications and/or training courses/programs (four compulsory and a choice of three electives).
2. Experiential learning and career exploration activities within the sector.
3. Reach ahead experiences connected with the student's postsecondary pathway.

4. Development of essential skills and work habits required in this sector, and documentation of them using the Ontario Skills Passport.
5. Completion of six hours of **ICE (Innovation, Creativity and Entrepreneurship) training**. ICE training is an experience in which student teams will use a process called the **3 Gears** to solve a real world challenge specific to a sector partner's organization.