

**SH** SPECIALIST  
**SM** HIGH SKILLS  
MAJOR

**YOUR SKILLS,  
YOUR FUTURE.**

**HEALTH &  
WELLNESS**



**OTTAWA-CARLETON**  
DISTRICT SCHOOL BOARD

# CREDITS

## Course Package

Each SHSM program offers students a bundle of 8 - 10 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.

Two credits in this bundle include Cooperative Education where students pursue a work placement in a field of interest.

## Achievements in the Program

- **Certifications and Awareness Training:** Students complete selected sector-recognized certifications related to the major
- **Experiential Learning Opportunities:**
  - > Have the opportunity to job-shadow industry professionals
  - > Complete 2 Cooperative Education credits and get work experience in the Health and Wellness sector
  - > See guest speakers, go on field trips to explore careers in Health and Wellness
- Gain a **Sector Partnered Experiences** (SPE) component that includes one of the following options: Innovation Creativity and Entrepreneurship (ICE) training; sector-delivered coding; or, sector-delivered mathematical literacy. The SPE will require a 6 hour activity, delivered with a sector partner and have an experiential and an assessment component
- **Reach Ahead Experiences:** Explore the field and postsecondary education opportunities in the Health and Wellness sector
- Completing the SHSM program prepares students for their pathway to **apprenticeship, college, university or work**



### The bundle includes:

- **4 “major” credits** in Health and Wellness in grade 11 and 12, which focus on Health Care Technology, Health and Physical Education, Science, or a combination depending on the program focus
- **Supporting credits:**
  - > 1 Grade 12 English credit
  - > 1 Grade 11 Math credit or 1 Grade 12 Math credit for students pursuing the university pathway
  - > 1 Grade 11 or 12 Science or Social Science and Humanities credit
  - > 2 Cooperative Education credits to experience life in the Health and Wellness sector



# THE EXPERIENCE

**Students in the Health and Wellness Specialist High Skills Major program will:**

- Gain knowledge of human anatomy, physiology and human development
- Develop some fundamental skills in health and wellness, such as assisting with activities of daily living, taking vital signs and developing health promotion activities and exercise programs
- Recognize the diversity of occupations in the sector and understand the role that each plays as a component of delivering a comprehensive and collaborative health and wellness plan





The demand for professionals in the Health and Wellness sector in Ontario and across Canada is increasing as the age of our population increases. As such, this sector has a wide variety of career opportunities and employs close to two million people across Canada. Kinesiologist, child care worker, fitness instructor, nurse, veterinary technician, hospital porter and medical technician are just some of the numerous occupations that the SHSM Health and Wellness program prepares students to pursue.



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For more information on the Specialist High Skills Major Health and Wellness program, contact your school guidance counsellor, SHSM board lead or visit [OCDSB.ca/SHSM](https://ocdsb.ca/SHSM)

