

SPECIALIST
HIGH SKILLS
MAJOR

HEALTH & WELLNESS

M.M Robinson High School

Program Overview:

Preventative health practices will not only be in demand as an employable field but will become critical for our society in the prevention of a critical crisis in health care. The SHSM Health and Wellness program gives students opportunities to participate in practical experiences connected to specific fields of employment. These experiences will better prepare them for a variety of post-secondary destinations. The vast and comprehensive choices within this program provide students with practical experience within a field of interest. This will enable students to gain the key skills necessary for employment in the Health and Wellness sector.

Students receive an opportunity to work with a variety of community connections such as:

- ParticipACTION
- Pan American Games
- Sheridan College Exercise Science
- Halton Public Health
- Toronto Argonauts
- Heart & Stroke Foundation
- Cedar Springs Health Racquet and Sport Club
- McMaster Athletics

Students Will:

- Develop and participate in various exercise programs that promote physical activity.
- Create an understanding of the importance of exercise and physical activity in maintaining a high standard of living in our society.
- Develop an appreciation of the role exercise and physical activity have as a preventative measure in health and wellness.
- Be exposed to a variety of occupations available from all pathways.
- Receive opportunities for students to learn how health and wellness programs are implemented and managed in both the public and private sectors.
- Participate in the development of health promotion through various activities, eg. Exercise programming, outdoor experiential learning programs, group fitness programming, etc.



PATHWAYS



Course Package:

Students can explore the Preventative Health and Health Promotion careers through all four pathways including; apprenticeship, college, university and workplace. The program consists of:

- ✓ 4 Health and Physical Education Courses
- ✓ 1 English
- ✓ 1 Math
- ✓ 1 Science
- ✓ 2 Co-Op Credits

Who would be interested in the program?

Students receive opportunities through job shadowing, co-op placements and experiential field trips to understand and appreciate all careers in the Health & Wellness Sector.

Some careers in Health and Wellness include:

- Medicine
- Physio Therapy
- Dance Instructor
- Personal Support Worker
- Adventure Guide
- Youth Counselor
- Biomechanics
- Health Related Research
- Personal Trainer
- Sports Retail
- Nutritionist
- Massage Therapy
- Physical Education Teacher
- Coaching
- Health Promotion
- Public Health

Program Delivery Schedule

All students in the Halton District School Board are able to attend the SHSM Health and Wellness at M.M. Robinson High School in grade 11 & 12. Each student's goals will be assessed and course selection will be determined based on their needs.

Application Details and Contact information:

Think this program is right for you? Check out the SHSM - Health & Wellness Program at www.schooltocareer.ca and www.onsorts.ca, talk to your guidance counselor or come to a Pathways Planning Information Evening.

Feel free to contact us directly at M.M. Robinson (905) 335 5588 ext 244.



my
Blueprint
education planner
www.myBlueprint.ca

SCHOOL TO CAREER