

# Health and Wellness SHSM

## Overview of SHSM requirements



- ❖ Required Credits
- ❖ Cooperative Education
- ❖ Contextualized Learning Activity (CLA's)
- ❖ Certifications
- ❖ Reach Ahead and Experiential Learning



### Required Credits

**A Bundle of nine (9) grade 11 and grade 12 credits are required.**

4 Major Credits, 1 Grade 12 English, 1 Math (grade 11 or 12), 1 Social Sciences and Humanities or Science, and 2 Cooperative Education.

#### Major Credits (need 4 major credits)

##### Grade 11

HFC3E/3M	HSP3C/3U	SBI3C/3U	SCH3U
SPH3U	TXJ3E	PAF30	IDC30
			PPZ3C

##### Grade 12

HFA4C/4U	HIP40	PAF40	PSK4U	IDC4U
SBI4U	SCH4C/4U	SPH4/4U	HHS4C/4U	

#### Other Credits Needed

English	NBE3C/3U	ENG4C/4U	ENG3E/4E	
Math	MAP4C	MBF3C	MCF3M	MCR3U
	MCV4U	MEL3E/4E	MHF4U	
Other	HFC3E/3M	HSP3C/3U	HFA4C/4U	HIP40

### Cooperative Education

Each SHSM pathway requires that students complete a minimum of **two cooperation education credits** in a work placement in the sector. A few certifications will be completed in your COOP training.

### CLA (Contextualized Learning Activity)

An Activity that involves 6 hours of learning, based on the curriculum expectations, that is contextualized to the SHSM sector. The Health and Wellness SHSM requires the completion of 3 CLA's, one in English, one in Math, and one in Science.

## Certifications to be completed

### Four (4) Compulsory

Cardiopulmonary Resuscitation (CPR) Level C	Standard First Aid Training	Infection Control	Workplace Hazardous Materials Information System (WHMIS) – Generic (not site specific) instruction
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### Three (3) electives from the list below

Coach/personal training	Leadership – group activities	Automated external defibrillation (AED)	Behaviour Management
Communication Skills	Conflict Resolution	Customer Service	Ethical Consideration
Fitness	Group Dynamics	Lab Practices	Medical; terminology
Non-violent crisis management	Special Care e.g. Diabetes, Dementia	Safe Food Handling – Basic	Sign Language
Personal inventory	Sterile Techniques	Waste Management	Suicide Prevention

## Reach Ahead and Experiential Learning Opportunities

Reach ahead experiences enable students to gain confidence in their ability to be successful, refine skills and work habits, make informed choices about future careers and next steps. Experiential learning opportunities are planned learning activities that take place outside the traditional classroom setting.

### Examples of reach ahead and experiential activities are:

- One-on-one observation of a cooperative education student at a placement in the sector
- A day-long observation of an employer or employee (job shadowing) in the sector
- A volunteer experience in a long-term care facility
- An experience coaching an elementary school student in reading as part of a reading buddy program, or other curricular or extracurricular activities.
- Assisting in an exercise class in a long-term care facility
- Career talk by a local sector representative
- Interviewing an employee in a sector
- Interviewing a college or university student enrolled in a program related to Health and wellness.

## Occupations In the Health and Wellness Sector

Workplace	Apprenticeship	College	University
Nurse Aides & Orderlies Personnel Clerk Program Leader in Fitness / Recreation Receptionist Occupation Health Services	Early Childhood Educator Education Assistant Social and Community Service Worker	Dental Hygienist Funeral Director & Embalmer Practice Nurse Massage Therapists Medical Admin Assistant Medical Lab Tech Social Service Worker	Nurse Speech- Language Pathologists Chiropractor Dentist Optometrists Pharmacists Family Counselors Nutritionists