



COLLINGWOOD COLLEGIATE INSTITUTE
Health & Wellness Specialist High Skills Major
(SHSM)



The **Health & Wellness SHSM** is a specialized program designed to provide students with opportunities to explore the health and wellness sector. This program is open to students in any pathway who may be interested in pursuing careers related to the health and wellness industry. Through this program, students will build a foundation of focused knowledge and skills, gain valuable work experience, and receive employer recognized certifications and/or training in such areas as WHMIS, Infection Control and SFA/CPR Level C.

WHAT IS REQUIRED? Please see Guidance for pre-requisite requirements

The Health & Wellness SHSM is made up of the following five (5) components:

1. A bundle of 9 Grade 11 and Grade 12 credits
2. Sector-recognized certifications and training courses
3. Experiential learning and career exploration activities within the sector
4. “Reach ahead” experiences connected with the student’s chosen postsecondary pathway
5. Sector-Partner Contextualized Experience to engage students in sector related content, skills and knowledge

Note: Please see below for course and certification/training requirements

SHSM CREDIT OPTIONS AND REQUIREMENTS:

	GRADE 11	GRADE 12
SHSM Major Credits Complete 4 in Total <ul style="list-style-type: none"> • min. 1 from Gr. 11 • min. 1 from Gr. 12 	Peer Leadership, En Plein Air, Personal Fitness, Hockey Course, Live-Fit, Healthy Active Living, Biology, Chemistry, Physics, Environmental Science, Food & Culture, Raising Healthy Children, Working with Infants, Intro. to Anthro/Psych/Sociology, Hairstyling & Aesthetics	Live Fit, Personal Fitness, Healthy Active Living, Large Group Activities (Hockey), Kinesiology, Biology, Chemistry, Science, Physics, Nutrition and Health, Food and Healthy Living, Human Development, Families in Canada, Personal Life Mgmt., Working with Children, Challenge and Change, World Cultures, Hairstyling & Aesthetics
English Complete 2 (Gr. 11/12)	Any ONE English course	Any ONE English course
Mathematics Complete 1	Any ONE Math course	Any ONE Math course
Science or Social Science & Humanities Complete 1	Biology, Chemistry, Physics, Environmental Science, Food and Nutrition, Raising Healthy Children, Working with Infants, Intro. to Anthro/Psych/Sociology	Biology, Chemistry, Science, Physics, Nutrition and Health, Food and Healthy Living, Human Development, Families in Canada, Personal Life Management, Working with Children, Challenge and Change, World Cultures
Cooperative Ed. Complete 2 credits (connected to the Health and Wellness sector)	2 credit co-op (extra co-op credits may be used towards ONE major credit requirement)	



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CERTIFICATIONS AND/OR TRAINING

Complete Four (4) Compulsory Certifications and/or Training

Cardiopulmonary Resuscitation (CPR) Level C (with AED)	Infection Control	WHMIS	Standard First Aid
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Complete Three (3) Elective Certifications and/or Training - Examples Include

advanced training in a technique	animal first aid	concussion awareness
customer service	conflict resolution	Mental Health First Aid
non-violent crisis intervention (CPI)	personality inventory	personal training
stress-management techniques	SafeTALK	specialized care

CO-OP, EXPERIENTIAL LEARNING AND REACH AHEAD OPPORTUNITIES

Through co-op work experience; on-site sector specific training; information sessions with trained professionals; field trips to local businesses and resorts, post-secondary institutes and industry related establishments; you will be given the opportunity to witness and experience the real world atmosphere of the **Health and Wellness** careers that interest you.

POSSIBLE OCCUPATIONS BY PATHWAY

Apprenticeship	College	University	Workplace
Child and Youth Worker Child Development Worker Developmental Services Worker Early Childhood Educator (ECE/DECE) Educational Assistant Hair Stylist Horse Groom	Ambulance Attendants Animal Care or Grooming Paramedics Technologist Community and Social Cosmetic Science Service Worker Dental Hygienist/Assistant Denturism Esthetician Funeral Director/Embalmer Personal Support Worker Medical Lab Technician Pharmacy Technician Practical Nurse Massage Therapist Spa Management Special-Effects Makeup Sports Therapist Veterinary Technician	Audiology/Speech Language Pathology Chiropractor Dentist Dietitian Counsellor/Therapist/ Psychologist/Psychotherapist Medical Practitioner Midwife Kinesiologist Optometrist Occupational Therapist Physiotherapist Pharmacist Registered Nurse Radiologist Social Worker Sports Medicine Medical Microbiologist Veterinarian	Blood Donor Clinic Assistant Personal Trainer Medical Receptionist Fitness Instructor Hospital Admitting Clerk Hospital Porter Hospital Cleaner Lifeguard Recreational Program Leader



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STUDENT APPLICATION FORM

Name: _____ **Grade:** _____ **Home Phone:** _____

Parent/Guardian Name(s): _____ **Age:** _____

Address: _____

School Email: _____

Plans/Goals After High School? Apprenticeship College University Workplace

Briefly outline your career and/or education goals.

FOR CO-OP PURPOSES:
 Do you have a preference for a placement in a specific job/career or with a specific employer?

<i>Choice #1:</i>	<i>Choice #2:</i>
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SCHOOL REFERENCES:
 Please list 2 school references (Administrator(s) or teacher(s)). **PLEASE PRINT AND HAVE YOUR REFEREE SIGN BELOW**

Name: _____	Name: _____
Signature: _____	Signature: _____

STUDENT ACKNOWLEDGEMENT / PARENT/GUARDIAN CONSENT:

I acknowledge and understand requirements including:

- I understand that no substitutions for these courses, qualification and/or certifications are possible and failure to complete one or more of these requirements will make me ineligible to graduate with a SHSM designation on my diploma or transcript.
- I understanding that I need to identify myself as a SHSM student to my teachers so that they can help support my learning.
- I hereby agree to participate in the SHSM Health & Wellness Program at Collingwood Collegiate Institute.

Student Signature:	Date:
Parent/Guardian Signature:	Date:
School Official Signature:	Date:

Please complete this form in FULL and return it to the Guidance office