

HEALTH & WELLNESS

COLLINGWOOD
COLLEGIATE INSTITUTE

PROGRAM OVERVIEW

The demand for professionals in the healthcare sector in Ontario is rapidly increasing as Canada's population ages. The Health and Wellness Specialist High Skills Major (SHSM) at Collingwood Collegiate Institute helps meet the interests of students in fitness and health and wellness initiatives. Students will build their resume by completing certifications that come at no cost and will take part in several experiential learning opportunities. At Collingwood Collegiate Institute, students have the opportunity to focus their learning on components of holistic health and wellness. Postsecondary opportunities in the health and wellness sector will also be explored as part of this program.

Experiential Learning Opportunities

- Trips to various health and fitness facilities including healthcare, recreational facilities and outdoor education venues
- Presentations related to different careers within the sector
- Complete two cooperative education credits
- Experiences related to math, coding or the design thinking process related to this sector

Related Careers

- Child Development Practitioner
- Dietician
- Fitness Instructor
- Hairstylist
- Massage Therapist
- Physiotherapist
- Sports Medicine Practitioner
- Veterinarian Technician
- ... and more

Certifications & Training

- First Aid / CPR-C with AED
- WHMIS - GHS
- Customer Service
- Athletic Wrapping & Taping
- Health & Safety Awareness
- Infection Control
- National Coaching Certification Program (NCCP)
- Allergy Awareness
- Sterile Techniques
- Concussion Awareness
- ...and more

CREDITS

Course Package

Each SHSM program offers students a bundle of eight to ten 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.

The Bundle includes:

- **4 “major” credits** in health and wellness in Grade 11 and 12
- **Supporting credits**, which provide opportunities for students to learn the subject in the context of the health and wellness sector:
 - One Grade 11 or 12 English credit
 - One Grade 11 or 12 math credit
 - One Grade 11 or 12 science or social science and humanities credit
 - Two cooperative education credits to experience life in the health and wellness sector

Applying to the Health & Wellness SHSM:

All students in Simcoe County are able to attend the Health and Wellness SHSM at Collingwood Collegiate Institute in Grades 11 and 12. Each student's goals will be assessed and course selection will be determined based on their needs.

If you want to learn more about this program:

- Check out the Health and Wellness SHSM at ontario.ca/SHSM
- Talk to Daryl Sproule or Jennifer Geier in the Physical Education department
- Speak to a guidance counsellor or co-op teacher
- Visit Collingwood Collegiate Institute on a parent/guardian information night

CONTACT

Daryl Sproule or Jennifer Geier
Collingwood Collegiate Institute
6 Cameron Street
Collingwood, ON L9Y 2J2
dsproule@scdsb.on.ca or
jgeier@scdsb.on.ca



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