

Health and Wellness

Required Components for the SHSM—Health and Wellness

1. A bundle of nine Grade 11 and Grade 12 credits that comprises:
 - four health and wellness major credits
 - three other required credits from the Ontario curriculum, in English, mathematics, and a choice of science or social sciences and humanities
 - two cooperative education credits tied to the sector
2. Seven sector-recognized certifications and/or training courses/programs (four compulsory and a choice of three electives)
3. Experiential learning and career exploration activities within the sector
4. Reach ahead experiences connected with the student's postsecondary plans
5. Development of Essential Skills and work habits required in the sector, and documentation of them using the OSP

Profile of the Health and Wellness Sector

Kinesiologist, child care worker, audiologist, fitness instructor, doctor, nurse, physiotherapist, youth care worker, hospital porter, and medical technician are just some of the numerous and varied occupations in the health and wellness sector.

This sector not only has a wide variety of careers, but also is significant for the number of workers it employs. According to *Canada's Health Care System*, published by Health Canada in 2005, "approximately 1.6 million people work in health care and social services in Canada".¹ The same publication states that this figure makes this sector "the nation's third largest employer after manufacturing and the retail trade".

INSIGHT

The requirements of this SHSM are unique and are geared to the health and wellness sector. However, the design of all SHSM programs follows a consistent model, described in **Section A: Policy**.

The demand for health and wellness professionals will only increase. One reason is that a large number of employees in the sector are nearing retirement age. A survey conducted in 2002 found that "12% of the total number of [Ontario's] health care professionals ... are over the age of 55."² In addition, as our population ages, the demands on the health care sector will rise.

¹ Health Canada, *Canada's Health Care System*, www.hc-sc.gc.ca/hcs-sss/alt_formats/hpb-dgps/pdf/pubs/2005-hcs-sss/2005-hcs-sss_e.pdf.

² MEDIAFORCE Helpdesk, *The Ontario Health Care Labour Market*, <http://testunix.mediaforce1.com/itp/LM%20Report/1%20HealthCareLabour.pdf>.

The SHSM–Health and Wellness enables students to build a foundation of sector-focused knowledge and skills before graduating and entering apprenticeship training, college, university, or an entry-level position in the workplace. Depending on local circumstances, this SHSM may be designed to have a particular focus – for example, on health care, fitness, or child care and family services. Where a choice of focus areas is offered, students may select one.

Occupations in the Health and Wellness Sector

The following table provides examples of occupations in the health and wellness sector, with corresponding NOCs, sorted according to the type of postsecondary education or training the occupations would normally require.

FIND IT!

See **Section A1.6** for more on occupations and NOCs.



Apprenticeship Training	College
<ul style="list-style-type: none"> • Child and Youth Worker 4212 • Early Childhood Educator 4214 • Educational Assistant 6472 	<ul style="list-style-type: none"> • Ambulance Attendants and Other Paramedical Occupations 3234 • Biomedical Engineering Technologist 2241 • Community and Social Service Worker 4212 • Dental Hygienist or Dental Assistant 3222 • Documentation Clerk 1441 • Funeral Director or Embalmer 6272 • Health Care Aide 3413 • Hospital Information Clerk 1434 • Medical Laboratory Technician 3212 • Medical Secretary 1243 • Pharmacy Technician 3414 • Practical Nurse 3233 • Primary Care Paramedic 3234 • Registered Massage Therapist 3235 • Registered Orthopaedic Technologist 3414 • Respiratory Therapist 3214

University	Workplace
<ul style="list-style-type: none"> • Audiologist or Speech-Language Pathologist 3141 • Chiropractor 3122 • Dentist 3113 • Dietitian 3132 • Family, Marriage and Other Related Counsellors 4153 • Hospital Equipment Sales Representative 6221 • Kinesiologist 3235 • Medical Microbiologist 3111 • Medical Sonographer 3216 • Midwife 3232 • Nutritionist 3132 • Optometrist 3121 • Pharmacist 3131 • Podiatrist 3123 • Psychiatrist 3111 • Registered Nurse 3152 • Sports Therapist 3144 	<ul style="list-style-type: none"> • Blood Donor Clinic Assistant 3414 • Certified Personal Trainer 5254 • Doctor's Office Receptionist 1414 • Fitness Instructor 5254 • Hospital Admitting Clerk 1414 • Hospital Cleaner 6661 • Hospital Porter 3413 • Lifeguard 5254 • Recreation Program Leader 5254

Note: Some of the names of occupations in this table may differ slightly from the names given in the National Occupation Classification system. The names listed here reflect common usage by institutions and organizations in this sector in Ontario.

Postsecondary Programs and Training in the Health and Wellness Sector

The following are examples of programs and training related to careers in the health and wellness sector and the accreditations associated with each.

Apprenticeship Training

Aboriginal Early Childhood Education Worker	Certificate of apprenticeship/ certificate of qualification
Child and Youth Worker	Certificate of apprenticeship/ certificate of qualification
Early Childhood Educator	Certificate of apprenticeship/ certificate of qualification

College

Activation Coordinator – Gerontology	Diploma
Advanced Care Paramedic	Diploma
Cardiovascular Technician	Diploma
Child and Youth Worker	Diploma

Denturist	Diploma
Developmental Service Worker	Diploma
Disaster Management	Diploma
Early Childhood Education	Diploma/bachelor's degree
Fitness and Health Promotion	Diploma
Fitness and Lifestyle Management	Diploma
Funeral Services	Diploma
Health Information Management	Diploma/bachelor's degree
Hearing Investment Specialist	Diploma
Laboratory Technology	Diploma
Massage Therapy	Diploma
Medical Office Administration	Diploma
Medical Transcriptionist	Diploma
Optical/Optometric	Diploma
Orthotics/Prosthetics	Diploma
Pharmacy Assistant	Diploma
Physiotherapy Assistant and Occupational Therapy Assistant	Diploma
Practical Nursing	Diploma
Primary Care Paramedic	Diploma
Recreation and Leisure Services	Diploma
Registered Nutritional Therapy	Diploma
Social Service Worker	Diploma
Sports Therapy/Sports Management	Diploma/bachelor's degree

University

Biomedical Toxicologist	Bachelor's degree
Child Studies	Bachelor's degree
Dentistry	Doctor's degree
Kinesiology	Bachelor's degree
Medical Radiation Sciences	Bachelor's degree
Medicine	Doctor's degree
Midwifery	Bachelor's degree
Nurse/Nurse Practitioner	Bachelor's degree
Nutritionist/Dietician	Bachelor's degree

Occupational and Public Health	Bachelor's degree
Occupational Therapy	Master's degree
Pharmacy	Bachelor's degree
Physical Therapy	Master's degree
Social Work	Bachelor's degree/master's degree
Speech-Language Pathology	Master's degree

Training for the Workplace

Acupuncture	Certificate
Central Processing Technician	Certificate
Clinical Assistant	Certificate
Dietary Aide	Certificate
Fitness/Personal Trainer	Certificate
Hospital Support Services	Certificate
Recreational Aide	Certificate
Specimen Collection/Laboratory Aide	Certificate

Required Components for the SHSM–Health and Wellness

The SHSM–Health and Wellness has the following five required components:

1. A bundle of nine Grade 11 and Grade 12 credits

These credits make up the bundle:

- four health and wellness major credits that provide sector-specific knowledge and skills
- three other required credits from the Ontario curriculum, in English, mathematics, and social sciences and humanities or science, in which some expectations are met through learning activities contextualized to the health and wellness sector
- two cooperative education credits that provide authentic learning experiences in a workplace setting, enabling students to refine, extend, apply, and practise sector-specific knowledge and skills

FIND IT!

See **Section A1.2** for more on SHSM credits.



Credits		Apprenticeship Training		College		University		Workplace	
		Gr. 11	Gr. 12	Gr. 11	Gr. 12	Gr. 11	Gr. 12	Gr. 11	Gr. 12
Health and Wellness Major		2	2	2	2	2	2	2	2
includes content delivered in the sector's context	English		1		1		1		1
	Mathematics	1		1			1	1	
	Social Sciences and Humanities or Science	1		1		1		1	
Cooperative Education		2		2		2		2	
Total number of credits		9		9		9		9	

Note: Multiple credits in the Ontario technological education curriculum allow additional instructional time for the practice and refinement of skills needed to develop student performance to the levels required for certification, entry into apprenticeship programs, or participation in school–work transition programs (see *The Ontario Curriculum, Grades 11 and 12: Technological Education, 2009*, page 17).

2. Seven sector-recognized certifications and/or training courses/programs

The SHSM in health and wellness requires students to complete seven sector-recognized certifications and/or training courses/programs. Of these, four are compulsory and the remaining three are electives that must be chosen from the list in the following table.

Note that items in the table that are capitalized are the proper names of specific certifications or training courses/programs that are appropriate for the SHSM. Items that are lowercased are names of the areas or categories within which specific certifications or training courses/programs should be selected by the school or board. The requirements are summarized in the table below.

FIND IT!

See **Section A1.3** for more on SHSM certifications and training.



Four compulsory			
Cardiopulmonary Resuscitation (CPR) Level C	generic (i.e., not site-specific) instruction about the Workplace Hazardous Materials Information System (WHMIS)	infection control	Standard First Aid
Three electives from the list below			
ambulation, lifting, and transfers	automated external defibrillation (AED)	babysitting	behaviour management
coach/personal trainer	communication skills	conflict resolution	customer service
ethical considerations	feeding assistance	fitness	group dynamics
lab practices	leadership – group activities	marine and wilderness first aid	medical terminology
non-violent crisis intervention	personality inventory	safe body mechanics	safe food handling – basic
sign language	specialized care (e.g., diabetes, dementia)	sterile techniques	suicide prevention
waste management			

Note: Taken together, some of these electives can lead to certification as a health care provider.

3. Experiential learning and career exploration activities

Experiential learning and career exploration opportunities relevant to the sector might include:

- one-on-one observation of a cooperative education student at a placement in the health and wellness sector (example of job twinning)
- a day-long observation of a health and wellness sector employer or employee (example of job shadowing)
- a one- or two-week work experience with a member of an industry association or a professional in the sector (example of work experience)
- 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

FIND IT!



See **Section A1.4** for more on experiential learning and career exploration activities.

- assisting in an exercise class in a long-term care facility
- attendance at a health and wellness sector career fair.
- Experiential Learning and Career Exploration activities in the health and wellness sector may require a student to consent to a police records check, immunization clearance and/or Confidentiality and Privacy Agreements.

POLICY

Note that volunteer activities in an SHSM cannot be counted towards the hours of community involvement required to earn the OSSD.

4. Reach ahead experiences

Students are provided one or more reach ahead experiences – opportunities to take the next steps along their chosen pathway – as shown in the following examples:

- Apprenticeship: visiting an approved apprenticeship delivery agent in the sector
- College: interviewing a college student enrolled in a sector-specific program
- University: observing a university class in a sector-related program
- Workplace: interviewing an employee in the sector

FIND IT!

See **Section A1.5** for more on reach ahead experiences.

5. Essential Skills and work habits and the OSP

Students will develop Essential Skills and work habits required in the sector and document them using the OSP, a component of the SHSM.

FIND IT!

See **Section A1.6** for more on Essential Skills and work habits.

Pathways for the SHSM–Health and Wellness

A table illustrating the four pathways and required credits leading to completion of this SHSM is provided below. You will also find tables illustrating sample bundles of credits, and other useful resources, on the ministry's SHSM website.

Awareness building (Grades 7 and 8)

See **Section 5.5** for information on building awareness of SHSM programs among students in Grades 7 and 8.

TOOLS AND RESOURCES

Visit the ministry's SHSM website at www.edu.gov.on.ca/eng/teachers/studentssuccess/specialist.html for:

- sample bundles of credits specific to this SHSM
- a list of organizations and resources specific to this SHSM.

Exploration (Grades 9 and 10)

See **Section 5.5** for information on providing Grade 9 and 10 students with opportunities for exploration of SHSM programs. In addition, students considering this SHSM can be encouraged to enrol in the following courses to become better informed about careers and postsecondary options in the sector:

- Any Grade 9 or 10 course related to the specific specialty of interest (e.g., Individual and Family Living, Healthy Active Living Education, Food and Nutrition)
- Career Studies (compulsory) and Discovering the Workplace: Some of the expectations in these Grade 10 courses provide opportunities for students to explore occupations and other postsecondary options in the sector and to participate in experiential learning activities.
- Health Care: This course is recommended for any Grade 10 student who is considering enrolling in an SHSM–Health and Wellness program.

Specialization (Grades 11 and 12)

Students acquire the sector-specific knowledge and technical skills required to earn their OSSD with an SHSM–Health and Wellness by completing its five required components. Students and their parents/guardians are encouraged to consult with guidance counsellors and teachers to select the courses that will enable students to pursue their goals.

Some experiential learning placements may require students to provide a record of vaccinations and/or undergo a police check as a prerequisite for participation in the experience.

Students pursuing an apprenticeship pathway should consider OYAP, which enables them to start an apprenticeship while earning their OSSD.

Students pursuing a university pathway are advised to complete their required cooperative education credits in Grade 11, in order to allow room in their timetables in Grade 12 for credits needed to meet university entrance requirements.

When helping students plan their SHSMs, particularly with respect to the selection of courses to fulfil the requirement for credits in the major, teachers should bear in mind that technological education courses can be offered as single-credit or multiple-credit courses.

Program pathways: SHSM–Health and Wellness

• Shaded boxes – required credits in the bundle for the SHSM–Health and Wellness • (C) – compulsory credit for the OSSD

Grade 9: <i>Exploration</i>	Grade 10: <i>Exploration</i>	Apprenticeship Training Pathway: <i>Specialization</i>		College Pathway: <i>Specialization</i>		University Pathway: <i>Specialization</i>		Workplace Pathway: <i>Specialization</i>	
		Grade 11	Grade 12	Grade 11	Grade 12	Grade 11	Grade 12	Grade 11	Grade 12
An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit	An optional or a compulsory credit
(C) English	(C) English	(C) English	(C) English	(C) English	(C) English	(C) English	(C) English	(C) English	(C) English
(C) Mathematics	(C) Mathematics	(C) Mathematics	(C) Mathematics	(C) Mathematics	(C) Mathematics	(C) Mathematics	(C) Mathematics	(C) Mathematics	Mathematics
(C) Science	(C) Science	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12	Social Sciences and Humanities or Science in either Gr. 11 or Gr. 12
(C) Geography of Canada	(C) Canadian History	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major
(C) Core French	(C) Career Studies/ Civics	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major	Health and Wellness Major
(C) Healthy Active Living Education	(C) The Arts	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12	May be used as a (C) Cooperative education (2 credits) related to the sector, in either Gr. 11 or Gr. 12
Food and Nutrition	Health Care	Business Studies or an optional or a compulsory credit	Cooperative Education or an optional or a compulsory credit	Business Studies or an optional or a compulsory credit	Cooperative Education or an optional or a compulsory credit	Science	Mathematics or other credit related to area of focus	Business Studies or an optional or a compulsory credit	Cooperative Education or an optional or a compulsory credit