




# Health & Wellness SHSM

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, approximately 1.6 million people work in health care and social services in Canada, making it the nation's third largest employer after manufacturing and the retail trade.

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. In addition, as our population ages, the demands on the health care sector will rise.

# SAMPLE OCCUPATIONS IN THE HEALTH & WELLNESS SECTOR



Optometrist  
Paramedic  
Fitness Instructor  
Funeral Director  
Dietician or Nutritionist  
Dental Hygienist/Assistant  
Hairstylist or Esthetician  
Family, Marriage or Other Counsellor  
Hospital Admitting Clerk or Medical Secretary  
Child and Youth Worker or Social Service Worker  
Registered Nurse or Nurse Practitioner or Physician  
Recreation Program Leader  
Registered Masseuse  
Sports Therapist

## REQUIRED COMPONENTS FOR THE SHSM-HEALTH & WELLNESS

1

- A bundle of nine Grade 11 & 12 courses:
- Four Health and Wellness major credits
  - Three required courses in English, math and science or social science
  - Two co-op credits in the sector

2

Experiential Learning & Career Exploration Activities gained through co-op placements and field trips.

3

Reach Ahead Experiences that connect SHSM students to their post-secondary plans – e.g. tours of post-secondary institutions within this sector.

4

Six sector recognized certifications & training. These can include, but aren't limited to:

- Standard First Aid\*
- CPR – Level C + AED\*
- WHMIS\*
- Infection Control\*
- Concussion Awareness
- Ethical Considerations
- Leadership
- Conflict Resolution
- Non-Violent Crisis Intervention
- Anti-oppression and Allyship

\*COMPULSORY

5

Essential Skills and Workplace Habits learned through an online program & co-op placements.