

**SPECIALIST  
HIGH SKILLS  
MAJOR PROGRAM**

**FITNESS AND  
HEALTH  
PROMOTION**

*Imagine what the future  
holds...*



**CORPUS CHRISTI CATHOLIC  
SECONDARY SCHOOL**



# FITNESS AND HEALTH PROMOTION

*Corpus Christi Catholic Secondary School*

## PROGRAM OVERVIEW:

Fitness and Health Promotion in schools is directly linked to society's challenges concerning health and wellness. It is beneficial for stakeholders to help bridge the gap between health and education sectors. According to the *Ontario Ministry of Training, Colleges and Universities*, jobs expected to have the best prospects over the next few years are in the health care field ([www.tcu.gov.on.ca](http://www.tcu.gov.on.ca)). In a more localized area of the Regional Municipality of Halton, *Stats Canada*, provides statistics as of 2006 where 19,535 jobs are in the Health Care/Social Services Sector compared to 1996 only 15,870 job in the sector ([www.statcan.gc.ca](http://www.statcan.gc.ca)). Therefore, as our population ages, more and more jobs will be required in the Health Care Sector. As educators, we can provide, along with our community, business and industry partnerships, a variety of opportunities in the various pathways.

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## ***Students will:***

- Receive educational opportunities to suit their interests and talents through a specialized bundle of credits (i.e. Health Care, Food & Nutrition, Exercise Science, Biology, Physical & Health Education)
- Be exposed to a variety of occupations available from all four pathways
- Participate in the development of health promotion through various activities (i.e. developing exercise programs, participating in indoor and outdoor sports/games, healthy eating labs, anatomy and physiology labs)
- Participate in various activities that promote fitness and health (i.e. weight training, fun fit, traditional phys. ed., recreation and leisure, outdoor education)
- Receive opportunities to learn how fitness and health promotion programs are implemented and managed in public and private sectors (i.e. job shadowing, job twinning, career exploration, work experiences, certifications)

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*Students will receive an opportunity to work with a variety of community partners, such as:*

- Elliot Sports Medicine Clinic
- Joseph Brant Hospital
- Progressive Sports Medicine
- Sheridan College
- CBI Health
- Halton Public Health
- Dr. Reginald Gates
- Head to Foot Oasis
- Creek Way Village Long Term Care
- Sport Check
- Hamilton Bulldogs

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## ***Who would be interested in this program?***

Students will work alongside educators and community partners to achieve major credits; certifications; experiential learning programs; job shadowing; job twinning; career exploration; and work experience.

## ***Some careers in Fitness and Health Promotion include:***

- Medicine
- Physiotherapy/Massage Therapy
- Personal trainer
- Personal support worker
- Biomechanics
- Nutritionist
- Physical Education Teacher
- Coaching
- Health Promotion
- Public Health
- Sports Retail

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## **COURSE PACKAGE:**

*Students can explore the Fitness and Health Promotion career through all four pathways including: Apprentice, Workplace, College and University.*

***The program consists of a total of 9 credits in Grades 11 and 12 in any of the four pathways:***

- 4 Major Courses in Health and Physical Education and/or Biology
- 1 English Course
- 1 Math Course
- 1 Elective Course
- 2 Co-op Credits

**Upon completion of the SHSM students will receive a RED SEAL designation on their diploma. This indicates a specialization/concentration in Fitness and Health Promotion.**

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Credits	Apprenticeship Training Pathway		Workplace Pathway		College Pathway		University Pathway	
	11	12	11	12	11	12	11	12
<b>Major Credits (4 Credits)</b>	PPL 3O PAF 3OG/B PAF 3OF PAI 3O PPZ 3O  SBI 3C TPJ 3C	PPL 4O PAF 4OG/B PAF 4OF PLF 4CO	PPL 3O PAF 3OG/B PAF 3OF PAI 3O PPZ 3O  SBI 3C TPJ 3C	PPL 4O PAF 4OG/B PAF 4OF PLF 4CO	PPL 3O PAF 3OG/B PAF 3OF PAI 3O PPZ 3O  SBI 3C TPJ 3C	PPL 4O PAF 4OG/B PAF 4OF PLF 4CO	PPL 3O PAF 3OG/B PAF 3OF PAI 3O PPZ 3O  SBI 3U TPJ 3C	PPL 4O PAF 4OG/B PAF 4OF PLF 4CO  SBI 4U HFA 4U PSE 4U IDC 4US
<b>Math Credit (1 Credit)</b>	MBF 3C		MEL 3E		MCF 3M or MBF 3U		MCR 3U or MCF 3M	
<b>English Credit (1 Credit)</b>	ENG 3C	ENG 4C	ENG 3E	ENG 4E	ENG 3C or ENG 3U	ENG 4C or ENG 4U	ENG 3U	ENG 4U
<b>Elective Credit (1 Credit)</b>	Choose 1 of the following courses in either grade 11 or 12:  BDI 3C BMI 3C HRE 4M HRF 4O HSE 4M SPH 3U SCH 3U SPH 4C SPH 4U SCH 4U							
<b>COOP (2 Credits)</b>	CO-OP (2-4 credits) related to the major credits taken in Grade 11 and/or 12							