

WHAT WE'RE ABOUT

Do you like helping others? Have you ever wondered what it would be like to work in health care? Join us and find out if this career path is your destination!

Health Care courses at College Heights provides students with an opportunity to explore health care careers and learn to care for themselves as well as others. All the information and course content are useful to those going into a health care related career or for anyone that might need to care for a loved one who might get ill or injured.



College Heights
Secondary School

Health & Wellness

For further information regarding our programming please contact the Guidance Office at

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SHSM
UPPER GRAND DSB



GRADE 9

This exploratory course introduces students to concepts and skills related to health care which encompasses caring for themselves as well as others. Come and discover the diversified field of health care!

GRADE 10

In this course, students will be introduced to personal fitness and recreation, nutrition, injury care and prevention, as well as treatment and therapies. Students will learn about personal care and develop an awareness of environmental and societal issues. Come and explore the exciting careers in this field!

GRADE 11

This interesting course focuses on anatomy and physiology of the major body systems. Students will learn proper medical terminology and be exposed to mobility techniques such as turning and transferring clients/patients. This class will spark your interest into the world of health!

GRADE 12 Child Development & Gerontology

This course enables students to examine the stages of child development and the aging process. Explore the social, emotional, physical and mental development throughout a persons life span. Students will study the processes of disease and factors that contribute to health and well-being in early and later stages of life. This course is suited to students that would like to work with children or the elderly.

JOB OPPORTUNITIES

There are many job opportunities in the Health Care industry and these are just a few:

Personal Support Worker (PSW)

Providing daily care to people who cannot complete activities of daily living (ADL) on their own.

Early Childhood Educator (ECE)

Working with and providing daily activities for children who are in pre-school or kindergarten.

Registered Massage Therapist

An RMT (Registered Massage Therapist) works with people who have work and life related stress in their muscles. Can also treat conditions such as carpal tunnel, scoliosis, tendinitis and many more.

Registered Practical Nurse (RPN)

Providing patient care. Includes distributing medication, providing wound care and meeting patients needs.

