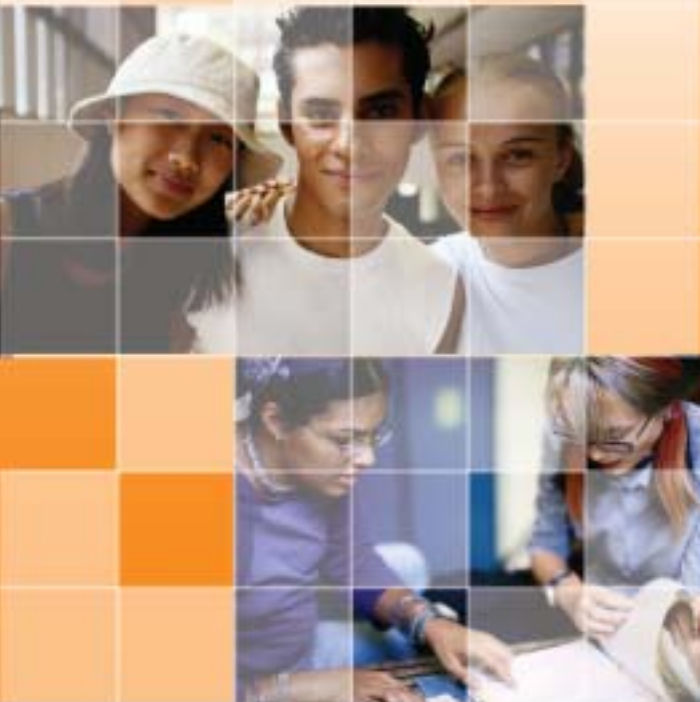




What's *your* Favourite Subject?

Health & Physical Education



HEALTH AND PHYSICAL EDUCATION

If your favourite subjects are Health and Physical Education then you probably enjoy and excel in coaching, nutrition, fitness, and sports. You are an active person who is good at working with other people to achieve goals.

You can add some of these skills to your resume:

- Creating a balanced lifestyle and accepting change
- Goal setting and decision-making
- Identifying strengths and limitations
- Interpersonal and leadership skills
- Resilience and stress management
- Teamwork skills including motivating self and others
- Ability to assess situations and react quickly
- Health preventative, assessment, and treatment skills

EXPLORE THE POSSIBILITIES!

Does responding to emergencies, conditioning athletes, or delivering babies sound interesting? Then you should consider a career as a paramedic, personal trainer, or midwife.

Start by exploring the careers listed in this pamphlet. This is just a small sampling of careers that relate to Health and Physical Education.

When it comes to your favourite subject, your career choices are endless.

NEXT STEPS

- Discuss your ideas with your friends, parents, teachers, or a school counsellor.
- Check out college and university calendars as well as community-based training and apprenticeship information.
- Explore post-secondary websites to look into courses, programs, and admission requirements. Visit CanLearn www.canlearn.ca to find information about Canadian universities and colleges, and scholarships.
- There are a lot of websites where you can further explore interesting career options. Start with www.hrdc.gc.ca/career, www.jobsetc.ca and www.hrdc.gc.ca/noc
- Consider enrolling in a related high school co-op program or look into volunteer work.
- Take advantage of campus orientation days and Career Fairs.
- Contact or spend a day job shadowing someone working in one of your target career fields.

WHAT'S YOUR FAVOURITE SUBJECT?

NEW 5 PAMPHLET SERIES

- Arts and Languages
- Computers, Technology and Trades
- Health and Physical Education
- Humanities and Social Sciences
- Science, Math and Business

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CAREER	DESCRIPTION	RELATED SECONDARY SUBJECTS	USEFUL EXPERIENCE/SKILLS	RELATED OCCUPATIONS
Athletic Therapist NOC #3144	Support athletes and teams with injury prevention and conditioning programs along with the assessment and rehabilitation of sports-related injuries.	Biology, Health, Physical Education	Anatomy, Interpersonal skills, Multidisciplinary teamwork, Program development, Sports medicine	Athletic Trainer, Remedial Therapist, Therapeutic Recreationist
Audiologist NOC #3141	Detect hearing problems or loss in patients and prescribe a treatment plan including therapy and the use of a hearing aid.	Biology, English, Health, Math, Physical Education, Psychology	Anatomy, Communication skills, Interpersonal skills, Program development	Logopedist, Speech and Hearing Therapist, Speech Language Pathologist
Child Psychologist NOC #4151	Evaluate and treat children with psychological, learning, and behaviour disorders in schools, clinics and private practice.	Biology, Chemistry, English, Health, Math, Physical Education, Psychology, Social Studies	Communication skills, Facilitating, Leadership, Interpersonal skills, Problem solving	Behaviourist, Human Development Psychologist, School Psychologist
Cytotechnologist NOC #3211	Search for signs of cell abnormality, indicating disease or cancers as part of a medical team.	Biology, Chemistry, Computers, English, Health, Math, Physical Education	Anatomy, Communication skills, Interpersonal skills, Multidisciplinary teamwork, Research	Clinical Immunology Technologist, Medical Laboratory Technologist, Microbiology Technologist
Dental Hygienist NOC #3222	Complement the work of a dentist by cleaning teeth and gums, applying fluoride and sealants, taking x-rays, and instructing patient treatment, research and education.	Biology, Chemistry, English, Health, Math, Physical Education	Anatomy, Interpersonal skills, Multidisciplinary teamwork	Dental Nurse, Orthodontic Hygienist, Registered Dental Therapist
Dietician NOC #3132	Offer informed advice to individuals and organizations linking quality of life to nutritional choices choices and habits through patient treatment, research and education.	Biology, Chemistry, English, Health, Physical Education, Psychology, Sociology	Anatomy, Communication skills, Interpersonal skills, Nutritional knowledge	Dietetic Researcher Nutritionist, Therapeutic Nutritionist
Geriatrician NOC #3111	Doctors who specialize in diagnosing and treating the elderly, often in a community health approach involving other professionals and the family.	Biology, Chemistry, English, Family Studies, Health, Math, Physical Education, Psychology, Sociology	Anatomy, Communication skills, Interpersonal skills, Medical knowledge, Multidisciplinary teamwork	Community Health Physician, Critical Care Medicine Specialist, Nerve Specialist
Massage Therapist NOC #3235	Develop treatment plans including soft tissue manipulation and pressure to control pain, reduce stress, and improve muscle strength and range of motion.	Biology, Chemistry, English, Health, Physical Education, Psychology	Anatomy, Communication skills, Interpersonal skills	Manual Arts Therapist, Physical Rehabilitation Technician, Physiotherapist Assistant
Midwife NOC #3232	Provide full-course care to women and their babies during pregnancy, labour, birth and the post-natal period.	Biology, Family Studies, Health, Physical Education, Psychology, Sociology	Babysitting, Communication skills, Interpersonal skills, Multidisciplinary teamwork	Acupuncturist, Reflexologist, Herbalist
Nurse Practitioner NOC #3152	Nurses with additional specialized training allowing them to perform advanced medical procedures, such as, treating minor illnesses, preventative counselling, dealing with basic lacerations and fractures.	Biology, Chemistry, English, Math, Psychology, Sociology	Critical thinking skills, Interest in helping people, Interpersonal skills, Multidisciplinary teamwork	Community Health Nurse, Emergency Nurse, Mental Health Nurse
Paramedic NOC #3234	Provide first response life support care to the sick and injured at accident scenes and emergencies and provide transportation to hospitals.	Biology, Chemistry, English, Health, Physical Education	First Aid, Interpersonal skills, Multidisciplinary teamwork	Ambulance Attendant, Emergency Medical Care Attendant, Newborn Medical Care Technician.
Personal Trainer NOC #4167	Encourage clients to set and keep personal fitness goals through the design, implementation, and monitoring of a balanced exercise and nutrition plan.	Biology, Health, Physical Education, Psychology	Knowledge of trends, Leadership, Physical activity, Project management, Research skills	Aquatic Program Co-ordinator, Exercise Therapist, Fitness Analyst
Physical Therapist Assistant NOC #3235	Support the work of physical and occupational therapists, prepare and monitor patient treatment, maintain equipment, assist patients with rehabilitations exercises and activities.	Biology, Chemistry, English, Health, Math, Physical Education	Anatomy, Interpersonal skills, Physical activity	Kinesiotherapist, Massage Therapist, Physiotherapy Technician
Respiratory Therapist NOC #3214	Diagnose, treat and care for patients with respiratory and cardiopulmonary disorders by helping patients manage and control breathing difficulties.	Biology, Chemistry, English, Health, Math, Physical Education	Interpersonal skills, Multidisciplinary teamwork, Program development	Anesthesia Technologist, Cardiovascular Perfusion Technologist, Inhalation Technologist
Speech-Language Pathologist NOC #3141	Design a remediation program for individuals with speech, language, or voice disorder into sign language for hearing impaired persons.	English, Health, Physical Education, Psychology	Interpersonal skills, Multidisciplinary teamwork, Program development, Research skills	Logopedist, Research Audiologist, Speech Therapist
Sports Medicine Physician NOC #3111	Primarily works in athletic conditioning, injury prevention, treatment and rehabilitation of sports-related injuries.	Biology, Chemistry, English, Health, Math, Physical Education, Psychology	Interpersonal skills, Multidisciplinary teamwork, Physical activity, Program development	Critical Care Medicine Specialist, Dermatologist, Preventative, Massage Therapist, Medicine Specialist, Specialist in Physical, Medicine and Rehabilitation, Rehabilitation Specialist
Veterinary Assistant NOC #3213	Treat sick and injured animals, diagnose diseases, prepare medications, assist with surgery and council clients on proper care.	Biology, Chemistry, English, Health, Physical Education	Interest in animals, Multidisciplinary teamwork, Program development, Veterinarian sciences	Animal Health Technician, Animal Operating Room Attendant, Veterinary Technologist