### What's Your Favourite Subject?

**HEALTH & PHYSICAL EDUCATION**

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

You can add one or more 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
- Interpersonal and leadership skills
- Identifying strengths and limitations
- Goal setting and decision-making
- Creating a balanced lifestyle and accepting change

**NEXT STEPS**

- Choose ideas with your friends, parents, teachers, or a school counsellor.
- Check out college and university career websites as well as community-based training and apprenticeship information.
- Explore post-secondary websites to look into courses, programs, and admission requirements.
- Visit Career共产, or Midwife.

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

### 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.

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**NEW 5 PAMPHLET SERIES**

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

- **Counselling**

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- **Humanities and Social Sciences**

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**Health and Physical Education**

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- Creating a balanced lifestyle and accepting change
-Goal setting and decision-making
- Identifying strengths and weaknesses
- 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

**What’s Your Favourite Subject?**

Health & Physical Education

**Explore the Possibilities!**

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**Health & Physical Education**

**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 Carleton University’s website to find information about Canadian universities and colleges, and scholarships.
- There are a lot of websites where you can further explore exciting career options. Start with www.yycareers.ca and www.yycareers.com.

- Consider enrolling in a related high school course or open up into volunteer work.
- Take advantage of campus orientation days and Career Fairs.
- Contact or spend a day shadowing someone working in one of your target career fields.

**What’s Your Favourite Subject?**

NEW 5 PAMPHLET SERIES

**Arts and Languages**

- **Career in Technology and Trades**
- **Health and Physical Education**
- **Humanities and Social Sciences**
- **Science, Math and Business**

**Skills Development Canada**

140 Promenade du Portage – Phase IV
1150 Carling Avenue – Suite 560
Fax: (819) 953-7260
Tel: 1-888-953-7260
hrdc.gc.ca/career
www.hrdd.gc.ca/career

**CAREER DESCRIPTION**

- **Healthcare**
  - **NOC #3152** procedures, such as, treating minor illnesses, preventative counselling, dealing with basic Psychology, Sociology
  - **NOC #3211** of a medical team. Math, Physical Education
  - **NOC #3111** of sports-related injuries. Education, Psychology
  - **NOC #3141** sign language for hearing impaired persons. Program development, Research skills
  - **NOC #3214** helping patients manage and control breathing difficulties. Physical Education
  - **NOC #3111** community health approach involving other professionals and the family. Math, Physical Education, Psychology, Sociology

- **Human Resources**
  - **NOC #3212** full-course care to women and their babies during pregnancy, labour, birth and the post-natal period. Education, Psychology, Sociology

- **Medical**
  - **NOC #3235** pain, reduce stress, and improve muscle strength and range of motion. Physical Education, Psychology

- **Nutrition**
  - **NOC #3222** sealants, taking x-rays, and instructing patient treatment, research and education. Physical Education, Psychology

- **Respiratory**
  - **NOC #3214** helping patients manage and control breathing difficulties. Physical Education, Psychology

- **Veterinary**
  - **NOC #3111** community health approach involving other professionals and the family. Math, Physical Education, Psychology, Sociology

**RELATED SECONDARY SUBJECTS**

- **Arts and Languages**
  - **Computer Science**
  - **Health and Physical Education**
  - **Healthcare**

**USEFUL EXPERIENCE/SKILLS RELATED OCCUPATIONS**

- **Communication**
  - **Interpersonal skills**
  - **Problem solving**

- **Research**
  - **Research skills**

- **Technical**
  - **Technical skills**

**RELATED OCCUPATIONS**

- **Athletic Therapist**
  - **Support athletes and teams with injury prevention and conditioning programs along with injuries, illness and medication programs.**
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- **Biologist**
  - **Support athletes and teams with injury prevention and conditioning programs along with injuries, illness and medication programs.**
  - **Support athletes and teams with injury prevention and conditioning programs along with injuries, illness and medication programs.**

- **Child Psychologist**
  - **Support athletes and teams with injury prevention and conditioning programs along with injuries, illness and medication programs.**
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- **Communicologist**
  - **Support athletes and teams with injury prevention and conditioning programs along with injuries, illness and medication programs.**
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- **Computer Programmer**
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- **Ergonomist**
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- **Forensic Psychologist**
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- **Mathematician**
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- **Medical Physicist**
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- **Pediatrician**
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- **Physiotherapist**
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- **Psychologist**
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- **Rehabilitation Therapist**
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- **Speech Pathologist**
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