

Program Information

Health Care Aide and Personal Support Worker

2025/2026

Program Overview	The Health Care Aide and Personal Support Worker program equips students with essential skills to provide patient-centered care and support complex care needs as part of an interdisciplinary team. The curriculum aligns with current health care practices, offering practical skills training through two preceptor-led work practicum placements.
Area of Study	Health & Human Services
Credential	Certificate
Program Length	1 Year Full time (8 months) This program runs for 8 consecutive months, excluding student success weeks and holidays.
Delivery	Hybrid (online and in-classroom) This hybrid-delivery program blends in-person and online learning. Around 70% is taught face-to-face in full-day classes, while 30% is online. You will experience lectures in person and virtually, plus independent activities.
Work-Integrated Learning	8-week practicum
Open to International Students	No

CIP Code	51.2601
-----------------	---------

Career Outcomes

- Health Care Aide
- Personal Support Worker
- Health Care Support Worker
- Patient Care Aide

All Courses

Course Name	Description	Hours
Introduction to the Healthcare Environment (HLTH-1000)	Explore the diverse roles of healthcare practitioners in Manitoba. Topics include the Canadian Health Care System, government roles, patient and provider rights, culturally appropriate care, and social determinants of health.	42 hours
Communication Essentials (COMM-1000)	This course is designed to equip participants with the essential skills needed for effective communication within various professional settings in Canada. The course combines lectures, interactive workshops, group discussions, and practical exercises to ensure a comprehensive learning experience. Participants will engage in real-world scenarios and case studies appropriate for a range of industries to apply the concepts learned in class. Feedback from peers and instructors will refine and enhance communication skills throughout the course.	42 hours

Anatomy and Physiology 1 (HLTH-1010)	Learn about human body structure and major system functions essential for maintaining health.	42 hours
Human Development for Healthcare Professionals (HLTH-1020)	Study human growth across life stages, focusing on cognitive, emotional, and social development, as well as caregiving techniques.	42 hours
Software Application Skills (COMP-1000)	Learn essential software applications, including spreadsheets, scheduling tools, and research databases.	42 hours
Communications in Healthcare (HLTH-1100)	Develop advanced communication skills for interactions with healthcare professionals, patients, and families.	42 hours
Human Health Conditions and Disease States (HLTH-1120)	Focus on roles in healthcare, disease management, and culturally appropriate care.	42 hours
Global Citizenship (GLOB-1000)	Inspired by the United Nations' Sustainable Development Goals, this course introduces students to global challenges and issues to broaden their knowledge, skills, and perspectives on the world today. Through discussions, readings, and online and in-class activities, students will explore diverse cultural perspectives, critically examine systems of oppression and discrimination, and engage with the stories and experiences of global citizens who have fought for social justice, human rights, and environmental sustainability around the world. Students will emerge from this course with greater cultural competence,	42 hours

	improved intercultural communication skills, and a deepened commitment to promoting diversity, equity, and inclusion at work, at school, and in their communities.	
Medical Terminology (HLTH-1130)	Study the language of healthcare, covering terms related to body systems and diseases. Emphasis on accurate documentation.	42 hours
Anatomy and Physiology 2 (HLTH-1110)	Continue exploring human anatomy and physiology, focusing on the relationships and functions of body systems.	42 hours
Supporting Complex Care Needs 1 (HLTC-1200)	Gain foundational patient care skills, including hygiene, skin care, and safe practice standards.	84 hours
Supporting Complex Care Needs 2 (HLTC-1300)	Expand on foundational skills to include medication assistance, fluid balance, and respiratory care.	84 hours
Health Care Aide Training Seminars (HLTC-1100)	Complete certifications in CPR, WHMIS, VPP, and more to meet healthcare industry standards.	12 hours
Health Care Aide Long Term Care Practicum (HLTC-1900)	Apply classroom skills in a long-term care setting. Practicum includes supervised patient care activities.	160 hours
Health Care Aide Acute Care Practicum (HLTC-1950)	Build on practicum experience with more advanced, independent acute care activities.	160 hours

