

# FITNESS AND HEALTH PROMOTION

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## Program Outline

<b>Major:</b>	FHPR
<b>Length:</b>	2 Years
<b>Delivery:</b>	4 Semesters
<b>Credential:</b>	Ontario College Diploma
<b>Effective:</b>	2014-2015
<b>Location:</b>	Barrie
<b>Start:</b>	Fall (Barrie), Winter (Barrie)

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### Description

This program is designed to provide students with the knowledge, skills and experience to become leaders in the fitness and health promotion industry. Exercise science, health promotion and business administration represent the primary areas of concentration supported by a curriculum that includes anatomy/physiology, group fitness leadership, fitness testing and counseling, personal training, lifestyle programming and sports psychology. Business fundamentals and health promotion include courses in small business and entrepreneurship, community development, and administrative practices. Practical experience is obtained through lab and workplace settings.

### Career Opportunities

Career opportunities include personal trainer, group exercise instructor, health and fitness appraiser/counselor, wellness consultant, and program director at commercial/private fitness and health clubs, resorts/hotels, corporate/employee fitness centres and organizations, or municipal /community fitness facilities or health units.

### Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

- conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results;

- prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients;
- utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients;
- collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being;
- develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being;
- train individuals and instruct groups in exercise and physical activities;
- contribute to community health promotion strategies;
- assist in the development of business plans for health and fitness programs, activities, and facilities;
- implement strategies and plans for ongoing personal and professional growth and development;
- develop and implement risk management strategies for health and fitness programs, activities, and facilities;
- interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities;
- utilize environmentally friendly products, supplies and services in all aspects of their work.

### **The Program Progression:**

Fall Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4
Fall 2014	Winter 2015	Fall 2015	Winter 2016

Winter Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4
Winter 2015	Summer 2015	Fall 2015	Winter 2016

### **Articulation:**

A number of articulation agreements have been negotiated with universities and other institutions across Canada, North America and internationally. These agreements are assessed, revised and updated on a regular basis. Please contact the program co-ordinator

for specific details if you are interested in pursuing such an option. Additional information can be found on our website at <http://www.georgianc.on.ca/academics/articulations/>

### **Admission Requirements:**

You must meet ONE of the following requirements to be eligible for admission to these programs:

Secondary school applicants:

- OSS Curriculum: OSSD or equivalent with Grade 12 English C or U (ENG4C, ENG4U); plus any Grade 11\* or 12 College level Mathematics (MBF3C, MAP4C or MCT4C) or 11\* or 12 University level Mathematics (MCF3M, MCV4U, MHF4U, MCB4U, MGA4U or MDM4U); plus Grade 11 C or U or 12 C Biology (SBI3C, SBI3U, SBI4U) or Grade 12 U Exercise Science (PSE4U). (\*Minimum of 60% in Grade 11 College or University level Mathematics MBF3C or MCF3M). Also recommended: Grade 11 U or 12 U Chemistry or Grade 12 C Chemistry (SCH3U, SCH4C, SCH4U) OR Grade 11 U or 12 U Physics or Grade 12 C Physics (SPH3U, SPH4U, SPH4C).

Non-Secondary school applicants (19 years or older):

- Any credit Communication course and most credit mathematics, and biology courses taken at Georgian College
- College preparatory programs including those taken at Georgian College: Hospitality Skills and Pre-health Sciences\*
- Equivalent courses in English and mathematics, and biology taken through secondary school or Independent Learning Centres (at the general, advanced, college or university level)
- Academic and Career Entrance Certificate (ACE) program with communications and mathematics, and biology
- Mature student testing in English and mathematics, and testing/challenge exam in biology that meets the minimum standards for admission (available through most testing services)\*
- Ontario High School Equivalency Certificate (GED) plus biology
- English, Literature or Communication and mathematics credit courses and most biology credit courses from accredited colleges/universities
- If home schooled, applicants can write the mature student testing in English and mathematics, and testing/challenge exam in biology that meets the minimum standards for admission (available through testing services)\*

\* available from Georgian College. For a complete listing please contact the Office of the Registrar.

Non-secondary school applicants who are 19 years of age or over by the first day of classes, and who lack the academic entrance qualifications, may be considered for

entrance to an appropriate post-secondary diploma or certificate program as mature applicants. Mature applicants must meet all program specific prerequisites including all selection criteria; equivalencies are stated above. Applicants who are unsure whether they meet admission requirements should contact the Office of the Registrar. In addition, those applying as mature students and having no documentation of Grade 12 education must supply, if required, proof of age, such as a copy of an official birth certificate or driver's licence. Refer to Section 2.5 and 2.6 of the Academic Calendar for further details.

**Credit transfer and course exemptions:**

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may be eligible for credit transfer/course exemptions. Courses/experience must match at least 80% of the learning outcomes of a Georgian College course with a minimum grade of 60% or C achieved in previous coursework; some program exceptions apply (see program outline). For further information please visit the Credit Transfer Centre website: [georgiancollege.ca/admissions/credit-transfer/](http://georgiancollege.ca/admissions/credit-transfer/)

**Criminal Reference Check:**

Placement agencies require an up-to-date clear criminal reference check and vulnerable sector check prior to going out on placement. Students should obtain their criminal reference check approximately one month prior to placement; checks conducted earlier may not be considered current. As some jurisdictions require longer lead-time for processing, please check with the program co-ordinator to ensure you allow for sufficient turn-around time. Students are required to provide these checks prior to placement start.

NOTE: A record of criminal offences, for which a pardon has not been granted, may prevent the student from completing their placement, thereby affecting their ability to graduate.

**Additional Information:**

It is required that students have Level HCP CPR and Standard First Aid on admission to the program (on-line courses are not acceptable). It is the student's responsibility to renew their Level HCP CPR certification annually while in the Program. Students are asked to submit a copy of their current Level HCP CPR and Standard First Aid certificate to the coordinator of the program at registration.

**Graduation Requirements:**

19 Mandatory Courses

- 2 Communications Courses
- 3 General Education Courses

**Graduation Eligibility:**

To graduate from this program, the passing weighted average for promotion through each semester, from year to year and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester.

**Mandatory Courses**

BIOL1016 Anatomy/Physiology  
BIOL1017 Applied Anatomy  
BIOL1018 Exercise Physiology  
BUSI2007 Entrepreneurship and Small Business  
COMP1058 Technology in Recreation and Fitness  
FITN1007 Fitness Instructor Leadership  
FITN1008 Introduction to Fitness and Health Promotion  
FITN1009 Personal Training  
FITN1010 Industry Experience 1  
FITN2008 Fitness Appraisal and Testing 1  
FITN2009 Exercise and the Human Condition  
FITN2010 Advanced Exercise Techniques  
FITN2011 Fitness Appraisal and Testing 2  
FITN2012 Industry Experience 2  
NUTR2000 Current Concepts in Nutrition  
PSYL1003 Sport Psychology  
RECR2002 Diverse Populations  
RECR2003 Administration Practices  
RECR2006 Community Development

**Communications Courses**

To be selected at time of registration from the College list, as determined by testing.

**General Education Courses**

To be selected from College list

**Course Descriptions:**

BIOL1016 Anatomy/Physiology 42.0 Hours

This course introduces the normal structure and function of the human body. Emphasis will be placed on, but not limited to, the hierarchy of structural organization, medical

terminology, musculoskeletal, cardiovascular, and respiratory systems as well as system relationships. It will provide the foundation to prepare the student for upcoming courses and practical experiences.

**BIOL1017 Applied Anatomy 42.0 Hours**

Building on material from Anatomy and Physiology, this course will explore the structures and forces of muscle and joints, and the interactions, actions and mechanics which create human movement. Students will learn the theory behind these factors and apply the knowledge to understanding safe and effective exercise.

P- BIOL1016 Anatomy/Physiology

**BIOL1018 Exercise Physiology 42.0 Hours**

This course will examine the scientific foundations and provide an understanding of the mechanisms by which the body functions during exercise and physical activity. Topics of discussion include: function of the cardiovascular system, respiratory system, musculoskeletal system, neural and endocrine systems, the acute and chronic response and energy production in exercise and training.

**BUSI2007 Entrepreneurship and Small Business 42.0 Hours**

This course will deal with creative and administrative elements and management concepts that impact a hospitality and tourism entrepreneur who wishes to establish a practical and viable small business. The required skills and aptitudes for small business management will be explored. The business background in which small business operates in Ontario and Canada will be studied to provide a solid basis for decisions regarding the undertaking of small business opportunities.

**COMP1058 Technology in Recreation and Fitness 42.0 Hours**

This course is designed to expose students to hardware and software which is relevant to recreation, fitness, health promotion, and leisure services. The course focuses on those technologies used for administrative, management, financial, and planning aspects of business.

**FITN1007 Fitness Instructor Leadership 42.0 Hours**

This course is designed to prepare students to plan and instruct a variety of group fitness classes such as cardiovascular conditioning, muscle strength and endurance training, stretching, and relaxation. Topics include class format, leadership, motivation, musicality, choreography, cueing, monitoring techniques, and exercise modifications.

**FITN1008 Introduction to Fitness and Health Promotion 42.0 Hours**

This course provides an introduction to concepts, careers and resources in fitness and health promotion. Course themes include: the dimensions of health, fitness, behaviour modification, community wellness and professionalism. Students will assess their personal wellness and set fitness goals. The role of fitness and health professionals in

promoting community wellness is discussed and students will learn about the many organizations, resources and business opportunities that exist in the industry.

#### FITN1009 Personal Training 42.0 Hours

This course will provide students with basic knowledge of the processes of personal training from prescreening to program design and implementation. The focus will be practical strategies and exercise methodologies related to the healthy client in a one on one or small group setting.

P- BIOL1016 Anatomy/Physiology and P- FITN1008 Introduction to Fitness and Health Promotion

#### FITN1010 Industry Experience 1 42.0 Hours

Experiential learning is a critical component of student development and career advancement. Students will choose a municipal, commercial, private, corporate or on-campus practical placement in order to apply theoretical knowledge acquired in the classroom.

#### FITN2008 Fitness Appraisal and Testing 1 42.0 Hours

This course provides an introduction to health screening, fitness assessment methodologies and exercise prescription. Students will practice administering various lifestyle questionnaires, blood pressure, heart rate monitoring and fitness testing protocols. Students will interpret appraisal results, counsel clients regarding fitness and develop exercise programming, including the Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA).

P- BIOL1016 Anatomy/Physiology

#### FITN2009 Exercise and the Human Condition 42.0 Hours

Human conditions and their influence upon health, wellness and exercise will be examined. The considerations and variables which influence specific populations will be explored. Students will identify, analyze and modify fitness programs to provide optimal and meaningful physical activity experience.

P- BIOL1016 Anatomy/Physiology

#### FITN2010 Advanced Exercise Techniques 42.0 Hours

This course is designed to provide students with the most up to date information about sport-specific training. Long term development, periodization theories and program planning are explored. Topics include exercise techniques and modalities for maximum strength, speed and power development. Energy systems, optimization for maximization of human potential and athletic development are examined.

#### FITN2011 Fitness Appraisal and Testing 2 42.0 Hours

This course examines various assessment tools, methodologies and procedures applicable to health-related components of fitness and exercise prescription. Students administer a variety of tests using due diligence guidelines within the scope of practice.

Exercise programs tailored to energy systems, training methods and modalities, periodization, including the Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA) are developed and monitored.

P- FITN2008 Fitness Appraisal and Testing 1

FITN2012 Industry Experience 2 42.0 Hours

This course provides industry experience and the opportunity to apply theoretical knowledge. Students choose a municipal, commercial, private, corporate or on-campus setting.

P- FITN1010 Industry Experience 1

NUTR2000 Current Concepts in Nutrition 42.0 Hours

This course provides a foundation in nutritional sciences, exploring nutrients, digestion, healthy eating and malnutrition. Current information regarding specialized diets, supplementation, natural health products, athletic performance and the food industry will be critically examined.

P- BIOL1016 Anatomy/Physiology and P- BIOL1017 Applied Anatomy and P- BIOL1018 Exercise Physiology and P- FITN1009 Personal Training

PSYL1003 Sport Psychology 42.0 Hours

This course provides students with an introduction to human development, motivation, emotion, and social behaviour from mainstream psychology. Students will examine various specialty areas within sport psychology, including theories and research related to mental training for performance enhancement using motivation, leadership, group processes, imagery and attention control strategies. Psychological issues such as drug abuse, injury, and burnout will also be explored.

RECR2002 Diverse Populations 42.0 Hours

This course focuses on the pivotal role recreation and fitness can play in the successful integration of diverse groups and individuals in our communities and provides specific concepts and models of service delivery for these groups. Students will develop awareness and confidence to successfully lead inclusive programs and services. The role of advocacy and public education completes the course.

RECR2003 Administration Practices 42.0 Hours

Students will acquire essential administration skills for recreation, leisure, fitness and health promotion settings specifically dealing with budgeting, staffing, membership services and program delivery strategies. Special attention will be paid to conflict resolution, group facilitation, and applying the principles and practices of volunteerism. Students will utilize current software programs used by administrators in their daily routines.

RECR2006 Community Development 42.0 Hours



Working within communities, large and small, is an essential aspect of becoming a successful recreation professional. This course introduces students to the concept, history and models of community development. Other topics addressed in this course include: an introduction to the various levels of government, trends and issues, strategic planning, facilitation and fundraising.

### **Course Description Legend**

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

*Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*