

FITNESS AND HEALTH PROMOTION

Program Outline

Major:	FHPR
Length:	2 Years
Delivery:	4 Semesters
Credential:	Ontario College Diploma
Effective:	2015-2016
Location:	Barrie
Start:	Fall (Barrie), Winter (Barrie)

Description

This program is designed to provide students with the knowledge, skills and experience necessary 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, personal training, lifestyle programming and client counselling. 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/counsellor, 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;
- apply entrepreneurial business principles to a fitness and health promotion opportunity.

The Program Progression:

Fall Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4
Fall 2015	Winter 2016	Fall 2016	Winter 2017

Winter Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4
Winter 2016	Summer 2016	Fall 2016	Winter 2017

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.georgiancollege.ca/admissions/credit-transfer/>

Admission Requirements:

OSSD or equivalent with

- Grade 12 English (C or U)
- any Grade 11* or 12 Mathematics (C, M, or U)
- Grade 11 or 12 Biology (C or U)
- OR Grade 12 Exercise Science (U)

*Minimum of 60% in Grade 11 College or University level Mathematics (MBF3C or MCF3M)

Mature students, non-secondary school applicants (19 years or older), and home school applicants may also be considered for admission. Eligibility may be met by applicants who have taken equivalent courses, upgrading, completed their GED, and equivalency testing. For complete details refer to: www.georgiancollege.ca/admissions/policies-procedures/

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may also be considered for admission; refer to the Credit Transfer Centre website for details: www.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 three months 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 coordinator to ensure you allow for sufficient turn-around time. It is the students responsibility to provide the completed document prior to placement start.

NOTE: A record of criminal offences, for which a pardon has not been granted, may prevent students from completing their placements, 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 unless otherwise stated on the course outline.

Mandatory Courses

- BIOL1017 Applied Anatomy
- BIOL1018 Exercise Physiology
- BIOL1027 Anatomy
- BIOL1028 Physiology
- ENTR2009 Entrepreneurship and Small Business
- FITN1007 Fitness Instructor Leadership
- FITN1008 Introduction to Fitness and Health Promotion
- FITN1009 Personal Training
- FITN1010 Industry Experience 1
- FITN1013 Client Counselling
- 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
- FITN2013 Exercise Planning and Prescription
- NUTR2000 Current Concepts in Nutrition
- 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:

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- BIOL1027 Anatomy or 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.

P- BIOL1028 Physiology or P- BIOL1016 Anatomy/Physiology

BIOL1027 Anatomy 42.0 Hours

This course introduces the study of human anatomy with emphasis on the axial and appendicular body. It will include the study of the bones, joints and muscles. This is a theory and lab course with the lab component reinforcing the content in the theory class.

BIOL1028 Physiology 42.0 Hours

This course provides a systems approach to the normal physiological processes of the body to maintain homeostasis. The content will provide the foundation of information which will allow an increased understanding of the changes seen under exercise that are studied further throughout the program.

ENTR2009 Entrepreneurship and Small Business 42.0 Hours

This course deals with establishing and operating a small business. Emphasis is placed on using business techniques, acquired in previous courses, to assist in developing a comprehensive understanding of the skills and abilities needed to succeed.

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- BIOL1027 Anatomy or 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.

FITN1013 Client Counselling 42.0 Hours

This course introduces students to the fundamental skills of counselling and motivational interviewing. Principles and techniques for motivating change are examined and practiced within the framework of the Stages of Change Model.

P- FITN1008 Introduction to Fitness and Health Promotion

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- BIOL1027 Anatomy or P- BIOL1016 Anatomy/Physiology) and (P- BIOL1028 Physiology or 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- BIOL1027 Anatomy or P- BIOL1016 Anatomy/Physiology) and (P- BIOL1028 Physiology or 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.

P- FITN1009 Personal Training

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

FITN2013 Exercise Planning and Prescription 42.0 Hours

Students will learn how to map out a program and implement for a client according to selected goals, and client characteristics. Students will also participate in programmed workout sessions and troubleshoot how to progress clients with selected goals.

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.

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.