

FITNESS AND HEALTH PROMOTION

Program: FHPR

Credential: Ontario College Diploma

Delivery: Full-time

Length: 4 Semesters

Duration: 2 Years

Effective: Fall 2018, Winter 2019, Summer 2019

Location: 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:

1. conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results;
2. prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients;
3. utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients;
4. 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;
5. 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;
6. train individuals and instruct groups in exercise and physical activities; contribute to community health promotion strategies;
7. assist in the development of business plans for health and fitness programs, activities, and facilities;
8. implement strategies and plans for ongoing personal and professional growth and development;
9. develop and implement risk management strategies for health and fitness programs, activities, and facilities;

10. interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities;
11. utilize environmentally friendly products, supplies and services in all aspects of their work;
12. apply entrepreneurial business principles to a fitness and health promotion opportunity.

The Program Progression

Fall Intake

- **Sem 1:** Fall 2018
- **Sem 2:** Winter 2019
- **Sem 3:** Fall 2019
- **Sem 4:** Winter 2020

Winter Intake

- **Sem 1:** Winter 2019
- **Sem 2:** Summer 2019
- **Sem 3:** Fall 2019
- **Sem 4:** Winter 2020

Summer Intake

- **Sem 1:** Summer 2019
- **Sem 2:** Fall 2019
- **Sem 3:** Summer 2020
- **Sem 4:** Fall 2020

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

¹ 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/ (<http://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/ (<http://www.georgiancollege.ca/admissions/credit-transfer/>)

Criminal Reference/Vulnerable Sector 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 student's 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 Program 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.

Program Tracking

Semester 1		Hours
Program Courses		
BIOL 1027	Anatomy	42
BIOL 1028	Physiology	42
FITN 1007	Fitness Instructor Leadership	42
FITN 1008	Introduction to Fitness and Health Promotion	42
Communications Course		
Select 1 course from the communications list during registration.		42
General Education Course		
Select 1 course from the general education list during registration.		42
Hours		252
Semester 2		
Program Courses		
BIOL 1017	Applied Anatomy	42
BIOL 1018	Exercise Physiology	42
FITN 1009	Personal Training	42
FITN 1010	Industry Experience 1	42
FITN 1013	Client Counselling	42
Communications Course		

Select 1 course from the communications list during registration.		42
Hours		252
Semester 3		
Program Courses		
ENTR 2009	Entrepreneurship and Small Business	42
FITN 2008	Fitness Appraisal and Testing 1	42
FITN 2009	Exercise and the Human Condition	42
FITN 2013	Exercise Planning and Prescription	42
NUTR 2000	Current Concepts in Nutrition	42
General Education Course		
Select 1 course from the general education list during registration.		42
Hours		252
Semester 4		
Program Courses		
FITN 2010	Advanced Exercise Techniques	42
FITN 2011	Fitness Appraisal and Testing 2	42
FITN 2012	Industry Experience 2	42
RECR 2003	Administration Practices	42
RECR 2006	Community Development	42
General Education Course		
Select 1 course from the general education list during registration.		42
Hours		252
Total Hours		1008

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.