

Fitness and Health Promotion

Program Location:	Peterborough
Program Code:	FHP
Co-ordinator:	Mary Stever
Credential:	Ontario College Diploma
Start Date:	September 04, 2012
Tuition Fees:	\$1,864.70 per semester. Tuition and fees subject to change.



The Fitness and Health Promotion program will prepare you to perform the roles and responsibilities of a fitness and health consultant. Heightened consumer awareness of fitness and health has resulted in a significant demand for these qualified fitness professionals.

Program Highlights

Through accurate assessment and monitoring of health and fitness levels, you will prepare activities and programs that are safe and effective, and that meet individual needs and interests. Are you committed to a healthy lifestyle and interested in motivating others to achieve their wellness goals? If so, this could be the right career for you. The program curriculum focuses on three areas of study:

- Exercise Science and Health Promotion
- Business Administration and Leadership
- Lifestyle Coaching

Over four semesters, you will progressively develop skills and knowledge in fitness assessment and exercise prescription, injury prevention and management, nutrition, health promotion, leadership and self-development, business planning and lifestyle consulting. Field Placement opportunities will provide you with workplace experience supervised by trained professionals and leaders in the fitness industry. You may potentially obtain nationally recognized certifications in group exercise instruction, personal training, coaching, and nutrition and wellness. Your learning environment will be the state-of-the-art Peterborough Sport and Wellness Centre, located on Fleming College campus grounds.

Career Opportunities

Graduates from the Fitness and Health Promotion diploma program will have the required expertise to work in a variety of settings as fitness programmers, personal trainers and lifestyle coaches, in areas such as:

- community and recreation centres
- employee and corporate fitness centres
- private fitness gyms, sports and health clubs
- personal training, fitness assessment and wellness consulting

Minimum Admission Requirements

OSSD with the majority of credits at the College (C) and Open (O) levels, including:

- 2 College (C) English courses (Grade 11 and Grade 12)

- 2 different Grade 11 or Grade 12 College (C) Science courses (Biology, Chemistry, Physics)
- or 1 Grade 11 or Grade 12 College (C) Science course plus Grade 12 University (U) Exercise Science

When (C) is the minimum course level for admission, (U) and (U/C) level courses are also accepted.

OR General Arts and Science - College Health Science Option, Ontario College Certificate

Recommended High School Courses:

(Although not required for admission, these courses will help prepare you for this program).

- Grade 12 Healthy Active Living Education (O)
- Grade 12 Exercise Science (U) Grade 11 Math (C)

Other program requirements:

- First Aid and Basic Rescuer Certificates
Students who register in the program will be required to possess a standard First Aid course certificate (either St. John Ambulance or Canadian Red Cross) and a Basic Rescuer course certificate (Level C CPR) that is valid for the duration of the program.
- Criminal Reference Checks
Field placement agencies may require that criminal reference checks and vulnerable position screening be conducted prior to field placement. A criminal reference check/CPIC can be completed by local police departments upon payment of a fee.

Mature Students

If you are 19 years of age or older before classes start, and you do not possess an OSSD, you can write the Canadian Adult Achievement Test to assess your eligibility for admission. Additional testing or academic upgrading may be necessary to meet specific course requirements for this program.

All applicants will be required to achieve course credit in the mandatory science courses, through Secondary School or through Academic Upgrading programs.

Health Requirements

The program includes a personal physical fitness component and will require students to perform endurance and strength exercises. If there is concern regarding the physical expectations of the program, we encourage you to discuss your career goals with the program coordinator as part of the application process.

Immunization Requirements: Proof of current immunization is required (including TB). For more information, and to print the required immunization form, please see the Immunization Information page.

Transfer Agreements

We are committed to providing students and graduates with flexible options to get maximum recognition of their college studies. Through joint programs and transfer agreements with the following universities, you can apply the learning you acquire at Fleming College to earn a related degree in less time, and at less cost.

- University of Guelph-Humber
- University of New Brunswick

Curriculum for Fitness and Health Promotion

Semester 1

Code	Course Name	Hours
HLTH 177	Awareness through Exercise I	30
COMM 79	College Communications for the Helping Professions	37
HLTH 65	Concepts in Health Care	15
HLTH 243	Healthcare Concepts for Fitness and Health Promotion	30
SCIE 18	Introduction to Physiology	75
SOCI 36	Introduction to Psychology	45
SCIE 22	Introductory Anatomy	60
COMP 345	Introductory Computing	45
HLTH 175	Programming for Fitness and Health I	30

Semester 2

Code	Course Name	Hours
HLTH 178	Awareness through Exercise II	30
COMM 83	Communications for Customer Service Excellence	45
SCIE 123	Exercise Anatomy and Physiology	60
FLPL 112	Field Placement Preparation	30
HLTH 181	Lifestyle Coaching I	45
HLTH 176	Programming for Fitness & Health II	30
GNED 52	Towards Optimum Health	45

Semester 3

Code	Course Name	Hours
HLTH 179	Awareness through Exercise III	30
SCIE 124	Biomechanics	45
HLTH 183	Exercise Prescription	45
FLPL 113	Field Placement I	105
HLTH 182	Lifestyle Coaching II	45
HLTH 184	Performance Nutrition	30
ORGB 3	Business Essentials - A Survival Course	45
GENED	General Education Elective	

Semester 4

Code	Course Name	Hours
HLTH 185	Adapted Fitness Programming	45
HLTH 186	Advanced Leadership and Motivation	45
HLTH 180	Awareness through Exercise IV	30
FLPL 114	Field Placement II	210
BUSN 61	New Ventures	45

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