

Fitness and Health Promotion Program

Are you committed to a healthy lifestyle and interested in motivating others to achieve their wellness goals? If so then come build your career brand in the Fitness and Health Promotion Program at Fleming College. Our new program curriculum focuses on four areas of study: Exercise Science; Coaching; Health promotion; and Business.

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.

| | FIRST SEMESTER | SECOND SEMESTER | THIRD SEMESTER | FOURTH SEMESTER | AND BEYOND |
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| LEARN | | | | | |
| BE OPEN TO ALL CAREER POSSIBILITIES | Check out orientation , meet fellow students and faculty in your program. | Enroll in one of the free on-campus certifications such as the Campus Health certificate. | Take part in the Fleming College volunteer fair and register for community events. | Let your choice of a general elective course broaden your skill sets in areas of interest. | Keep in contact with Career Services , graduates can access services for two years beyond graduation. |
| BUILD ON YOUR PROGRAM AND EXPERIENCES | Many opportunities to volunteer at the College and in the community to develop transferable skills. | Book an appointment with a Career Educator to discuss how to present communication skills gained in volunteer experiences. | Field Placement Preparation will allow you develop industry standard job applications and important interview skills. | While on placement your Integrated Seminar will allow you to learn from each other's placement experiences. | Access community job search resources after graduation at Fleming CREW , Lindsay VCCS , or other providers . |
| BELONG | | | | | |
| GIVE BACK TO THE COMMUNITY | Begin your co-curricular record to track campus and community involvement that contributes to your career goals. | Build your diversity and cultural competencies in your course to meet the needs of diverse groups in your community. | It's a world of information, enroll in the free Information Literacy program to gain valuable skills for | Link with Educational Pathways to investigate one of the many formal transfer agreements for degree completion. | Stay in touch, network with program faculty and your peers after graduation. |
| FIND SUPPORT FOR YOUR CAREER PATH AND GOALS | Start your academic career off on a strong footing by connecting with campus resources such as Tutoring & Academic Skills . | Your Communications II course teaches you how to manage career achievements using your portfolio. | Practice your interview skills by using InterviewStream software, play back your interviews and refine your answers to common questions. | Participate in a Field Placement opportunity and explore your field and assess your personal performance. | Connect with the FastStart program for entrepreneurship resources. |
| USE YOUR EDUCATION TO CREATE NEW OPPORTUNITIES | Register with Career Services and access TypeFocus to identify personality strengths and values to make informed decisions about personal career paths. | Thinking of starting your own small business? Small Business Strategies for Health and Wellness Professionals will give you a head start. | Learn the principles and techniques used to complete a physical assessment in your Fitness Assessment course. | Connect and register with the Alumni Office , find out more about alumni benefits and perks. | Mentor a grad or student, stay connected through the Alumni LinkedIn page. |
| BECOME | | | | | |
| BE SUCCESSFUL ON YOUR TERMS | First in your family to attend College? Connect with College supports that can help you succeed. | Develop your leadership and teamwork skills in Coaching and Leadership Development as you learn how to foster group change. | You will have the opportunity to sit national fitness related exams during the program and save yourself time and expense. | This successful Fitness & Health Promotion student became Valedictorian for the School of Health and Wellness. | Explore Continuing Education courses for learning opportunities to stay updated in industry. |
| EMBRACE THE SKILLS AND KNOWLEDGE AROUND YOU | First semester courses such as Introduction to Health Promotion and Foundations of Fitness, Recreation and Leisure will have you learning industry skills from day one. | Access a wide variety of Student Life resources to help you succeed in the College environment. | Participate in Networking and LinkedIn workshops to build your job search skill sets. | Talk to faculty and a Career Educator to discuss your plans beyond graduation. | Continue to document your career achievements in your portfolio. |

DEVELOP YOUR CAREER BRAND