FITNESS AND HEALTH PROMOTION

Program: FHPR
Credential: Ontario College Diploma
Delivery: Full-time
Length: 4 Semesters
Duration: 2 Years
Effective: Fall 2021, Winter 2022, Summer 2022
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. Success in the Fitness and Health promotion industry is supported by a fundamental understanding of scientific and business theory, which can be translated into practical application. Students in this program are exposed to the theory that they require to excel in this field, and are given multiple opportunities to apply theory in both classroom and industry settings.

Career Opportunities
Career opportunities may 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:

1. conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program;
2. develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients;
3. instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness;
4. select and apply interview tools and coaching strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways;
5. develop business plans for a fitness and/or training business organization to ensure sustainability and viability while mitigating risks;
6. support community health promotion strategies for active healthy living in the general population;
7. establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities;
8. provide positive reinforcement to empower clients and help them sustain their efforts;
9. develop plans and implement strategies for ongoing professional growth and development;
10. communicate information persuasively and accurately in oral, written, and other media formats.
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.

Program Progression
The following reflects the planned progression for full-time offerings of the program.

Fall Intake
• Sem 1: Fall 2021
• Sem 2: Winter 2022
• Sem 3: Fall 2022
• Sem 4: Winter 2023

Winter Intake
• Sem 1: Winter 2022
• Sem 2: Summer 2022
• Sem 3: Fall 2022
• Sem 4: Winter 2023

Summer Intake
• Sem 1: Summer 2022
• Sem 2: Fall 2022
• Sem 3: Winter 2023
• Sem 4: Summer 2023

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-
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/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 C CPR and Standard First Aid prior to starting the practical experience courses. It is the student’s responsibility to renew their Level C CPR certification annually while in the program. Students are asked to submit a copy of their current Level C CPR and Standard First Aid certificate to the instructor of the practical experience course. Certifications received through on-line Level C CPR and Standard First Aid courses are not accepted.

**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**

The following reflects the planned course sequence for full-time offerings of the Fall intake of the program. Where more than one intake is offered contact the program co-ordinator for the program tracking.