

FITNESS AND HEALTH PROMOTION

Program: FHPR

Credential: Ontario College Diploma

Delivery: Full-time

Length: 4 Semesters

Duration: 2 Years

Effective: Fall 2025

Location: Barrie

Description

Do you have a passion for exercise and physical activity? Are you inherently interested in how exercise and dietary strategies can enhance health and performance? The program starts with the fundamentals of the fitness and health promotion field such as anatomy, physiology, biomechanics, client counselling, and nutrition. These courses are combined with a large number of practical based learning hours in dedicated exercise science labs. You gain industry experience through preparation of healthy foods in culinary labs, planning and executing a health promotion event, the opportunity to train clients on campus, and off-campus work-integrated learning. Graduates receive credit for their college courses and can proceed to formal articulations in various university degree programs.

Career Opportunities

Career opportunities include personal trainer, group exercise instructor, health and fitness appraiser/counselor, program director and manager 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.

Program Progression

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

Fall Intake

- **Sem 1:** Fall 2025
- **Sem 2:** Winter 2026
- **Sem 3:** Fall 2026
- **Sem 4:** Winter 2027

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

Admission Requirements

- Ontario Secondary School Diploma (OSSD) or equivalent, mature student status
- 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) or Grade 12 Kinesiology (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/academic-regulations/ (<https://www.georgiancollege.ca/admissions/academic-regulations/>)

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 for Prior Learning website for details:

www.georgiancollege.ca/admissions/credit-transfer/ (<https://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

- 23 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.

| Semester 1 | | Hours |
|--|--|------------|
| Program Courses | | |
| BIOL 1027 | Anatomy for the Fitness and Health Professional | 42 |
| BIOL 1028 | Physiology for the Fitness and Health Professional | 42 |
| FITN 1002 | Fitness and Wellness | 42 |
| FITN 1007 | Fitness Instructor Leadership | 42 |
| FITN 1021 | Client Counselling | 28 |
| FITN 1022 | Fitness Orientation Practicum | 28 |
| 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 | | 308 |
| Semester 2 | | |
| Program Courses | | |
| BIOL 1017 | Applied Anatomy | 42 |
| BIOL 1018 | Exercise Physiology | 42 |

| | | |
|--|--|-------------|
| FITN 1009 | Personal Training | 42 |
| FITN 2008 | Fitness Appraisal and Testing | 42 |
| NUTR 2000 | Basic Concepts in Nutrition | 42 |
| RECR 1006 | Recreation Across the Lifespan | 42 |
| Communications Course | | |
| Select 1 course from the communications list during registration. | | 42 |
| Hours | | 294 |
| Semester 3 | | |
| Program Courses | | |
| FITN 2013 | Exercise Planning and Prescription | 42 |
| FITN 2018 | Functional Anatomy and Injury Prevention | 42 |
| FITN 2019 | Fitness Business | 42 |
| FITN 2029 | Fitness Career Planning and Preparation | 42 |
| RECR 2005 | Sport and Recreation Facility Operations | 42 |
| RECR 2015 | Therapeutic Recreation | 42 |
| General Education Course | | |
| Select 1 course from the general education list during registration. | | 42 |
| Hours | | 294 |
| Semester 4 | | |
| Program Courses | | |
| FITN 2010 | Advanced Exercise Techniques | 42 |
| FITN 2017 | On-Campus Practical Experience | 42 |
| FITN 2020 | Health Promotion and Special Events | 42 |
| FITN 2021 | Off-Campus Practical Experience | 42 |
| NUTR 2001 | Advanced Concepts in Nutrition | 42 |
| General Education Course | | |
| Select 1 course from the general education list during registration. | | 42 |
| Hours | | 252 |
| Total Hours | | 1148 |

Graduation Window

Students unable to adhere to the program duration of two years (as stated above) may take a maximum of four years to complete their credential. After this time, students must be re-admitted into the program, and follow the curriculum in place at the time of re-admission.

Disclaimer: *The information in this document 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.*

Program outlines may be subject to change in response to emerging situations, in order to facilitate student achievement of the learning outcomes required for graduation. Components such as courses, progression, coop work terms, placements, internships and other requirements may be delivered differently than published.