

FITNESS AND HEALTH PROMOTION PROGRAM (S125)

PROGRAM NAME	Fitness and Health Promotion	TUITION	\$4,439.00 * †
COURSE CODE	S125	ADDITIONAL COST	
SCHOOL	School of Health and Wellness		
CENTRE	Health Sciences		*Amounts listed are the total of tuition, materials, student service and ancillary fees for the first two semesters of programs starting in fall 2017. Fees are subject to change for programs starting in fall 2018 and at later dates.
LOCATION	Waterfront Campus		† Students must purchase required textbooks. Approximate cost will be between \$300 and \$400 annually (subject to change).
DURATION	2 years (4 semesters)		International students: Visit the International Fees and Related Costs ² page for more information.
FIELD EDUCATION	Client experiences and field education in semesters three and four		
STARTING MONTH	September		
CREDENTIAL	Ontario College Diploma		
YEAR OF STUDY	2018-2019		
METHOD OF STUDY	FT		
APPLY TO	Ontario Colleges ¹		

Fitness and Health Promotion is a two-year diploma program designed to prepare you for a rewarding career in the fitness industry. You'll learn the science behind how the human body works along with a range of physical activity techniques to help your clients meet their fitness and overall health goals. This program has earned a strong reputation among employers because our graduates are well prepared to work in a variety of fitness-related positions.

Year one includes science-based courses in anatomy and physiology. Year two builds on these basic building blocks to include more specialized courses like biomechanics, injury prevention, chronic disease prevention and healthy aging.

Students also learn applied skills in the areas of:

- health screening
- fitness assessment
- exercise prescription, demonstration and modification
- counselling healthy active living
- group exercise leadership
- interprofessional collaboration

This program is academically challenging and our experience shows that the most successful students:

- participate in physical activity and exercise
- want to learn to lead individual and group exercise activities
- are interested in helping others achieve health and fitness goals
- have good time management skills and are self-disciplined
- enjoy studying and learning about the science that underlies fitness and health promotion
- are willing to spend extra time outside of assigned class/lab time to develop strong practical skills
- know why they want to take this program

Qualified students who assume responsibility for all additional fees and testing (if required) have the opportunity to apply for nationally recognized industry certifications including:

- **Weight Training Instructor (WTI)** offered through Canadian Fitness Education Services (CFES). Written and practical evaluations are included within the curriculum.*
- **Group Fitness Instructor (GFI)** offered through Canadian Fitness Education Services (CFES). Written and practical evaluations are included within the curriculum.*
- **Personal Trainer (PT)** offered through Canadian Fitness Education Services (CFES). Written and practical evaluations are included within the curriculum.*
- **Certified Personal Trainer (CPT)** offered through the Canadian Society for Exercise Physiology (CSEP). Written evaluation, practical evaluation and certification are not included in the curriculum.**

Graduates of the program continue to have high employability in the various fitness sectors.

*Additional fees apply

**Additional fee payable to CSEP required



FIELD EDUCATION OPTIONS

To gain hands-on experience and to build confidence in newly learned skills, students in semester 3 are required to provide various fitness and health related services to clients in our WAVE Fitness Studios³. Faculty supervise this on-site lab work to support student learning.

In addition to the internal internship opportunity in the **WAVE Fitness Studios**, during the final seven weeks of semester 4, students will spend almost 200 hours at an external field education setting of their choice.

Possibilities include:

- Commercial clubs and private fitness centres
- Corporate fitness and wellness programs
- Community centres
- Educational institutions
- Other health-care settings including clinics and hospitals

Many of our placement partners have been hosting and hiring our student interns for over a generation. They find our graduates with strong technical skills can transition from the school environment to the workforce and "hit the pavement running." Many of the staff who hire our graduates are George Brown alumni themselves and now have more responsibility, including hiring and training new staff.

There is an opportunity to apply for an international field education experience. Previous placements have occurred in India, Haiti and the U.S.

Some institutions and programs require field education students to have a **Police Vulnerable Sector Check (PVSC)**

Police Vulnerable Sector Check (must be valid annually)

- In compliance with the requirements of our placement partners, some students in this program may be required to have a police vulnerable sector check completed, and this check must be renewed annually before entering into field or clinical placement.

- The police vulnerable sector check process typically takes two to three months, but under some circumstances can take four to eight months. This is required to protect the clientele of our placement partner agencies, who are considered "vulnerable persons" under the law.
- Students are responsible for ensuring that the police record check covers appropriateness for "individuals being employed and/or volunteering who will be working with vulnerable person(s)".
- Students are required to keep the original copy of their police vulnerable sector check.
- Students who are unable to provide a "clear" police reference check may not be able to start their field or clinical placement and therefore may be unable to complete the program. Students who are not eligible to attend their practice placement due to a "not clear" status will jeopardize their progress in the program.
- Failure to meet the requirements for field placement will prevent students from completing the program and/or securing employment.
- The fees for the police record check vary and must be paid by the student. For more information, please visit the Pre-placement website at georgebrown.ca/preplacement/record_check

PROGRAM STANDARDS AND 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 counseling 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 wellbeing.
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.
7. Contribute to community health promotion strategies.
8. Assist in the development of business plans for health and fitness programs, activities, and facilities.
9. Implement strategies and plans for ongoing personal and professional growth and development.
10. Develop and implement risk management strategies for health and fitness programs, activities, and facilities.
11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities.

REQUIRED COURSES

SEMESTER 1

Code	Course Name
ANAT1063	Structural Anatomy
HLTH1005	Health Screening and Fitness Assessment
HLTH1003	Exercise Techniques I
PHSL1005	Exercise Physiology
HPRM1045	Principles of Nutrition
HPRM1063	Health and Wellness Counselling
GSCI1027	Health: Living the Connections

* Based on the results of your placement test, you may be required to take COMM 1003 (English Skills) before progressing to COMM 1007. COMM 1003 does not count as a course required for graduation and you will be charged for this extra course. Please visit georgebrown.ca/assessment for more information.

SEMESTER 2

Code	Course Name
ANAT1064	Anatomy and Movement Analysis
PHSL1007	Muscle Physiology
HLTH1033	Guidelines for Exercise Prescription
GSCI1160	The Aging Population
HLTH1034	Fitness Assessment and Health Promotion
HLTH1007	Group Exercise Leadership I
HLTH1004	Exercise Techniques II
GNEDE	General Education Elective
COMM1007	College English *

SEMESTER 3

Code	Course Name
HLTH2031	Personal Training I
HLTH2023	Fitness and Health Promotion Internship I
HPRM2015	Prescription for Special Populations
HLTH2025	Advanced Fitness Assessment
HLTH2042	Group Exercise Leadership II
HLTH2026	Biomechanics and Ergonomics
HLTH2043	Advanced Fitness Techniques
GNEDE	General Education Elective
HLTH2046	Career Launch: Fitness and Health Promotion

SEMESTER 4

COURSES OFFERED FOR THE FIRST 7 WEEKS OF THE SEMESTER

Code	Course Name
HPRM2046	Advanced Topics in Nutrition
HPRM2018	Injury Prevention and Rehabilitation
HLTH2008	Prescription for Performance
HLTH2044	Fitness and Health Promotion Internship II
HLTH2045	Personal Training II
HLTH2052	Fitness and Entrepreneurship

Courses offered for the last 7 weeks of the semester

Code	Course Name
HLTH2050	Fitness and Health Promotion Field Education

YOUR CAREER

Graduates will be prepared for employment in a broad range of fitness and health related sectors including:

- Commercial clubs and private fitness centres
- Corporate settings
- Community centres
- Clinical and rehabilitation facilities

Graduates provide services in the areas of:

- Exercise prescription and demonstration
- Personal training
- Group exercise leadership
- Health promotion
- Facility management

These services reflect the academic and applied curriculum. The program is constantly being reviewed and modified to ensure that the skills being developed are those required of a graduate for employment.

FUTURE STUDY OPTIONS

Graduates of this program may qualify for exemptions in some university physical education and kinesiology programs.

In addition, after a summer bridging semester, qualifying graduates are able to complete the Kinesiology program at the University of Guelph – Humber in two years. Alternately, graduates can apply to complete a degree in Kinesiology at York University⁴ in a significantly reduced timeframe (between two and two and a half years).

For more information, see georgebrown.ca/transferguide/

ADMISSION REQUIREMENTS

Applicants are selected on the basis of their academic achievement, including the required courses, and any other selection criteria outlined below.

- Ontario Secondary School Diploma or equivalent**
- Grade 12 English (C or U) with a minimum grade of 60%
- Grade 11 Math (M or U) or Grade 12 (C or U)
- Grade 11 Biology (C or U) or Grade 12 (U) with a minimum grade of 60%
- Exercise Science (PSE4U) and Introductory Kinesiology (PSK4U) may be accepted in lieu of Biology
- An information session is strongly recommended.

**** MATURE STUDENT STATUS (19 YEARS OF AGE OR OLDER AND NO OSSD)**

Mature Students may take the Admissions Assessment⁵ for English, Math or Science, OR may consider upgrading to achieve the credit(s) needed in English⁶, Math⁷ or Science⁸.

COURSE EXEMPTIONS

College or university credits may qualify you for course exemptions. Please visit georgebrown.ca/transferguide for more information.

INTERNATIONAL STUDENTS

Visit the International Admissions⁹ page for more information.

CONTACT US

To participate in an information session, contact the **School of Health and Wellness** at 416-415-5000, ext. 4542 or email kcallemartinez@georgebrown.ca. For more information about George Brown College, you may also call the Contact Centre at 416-415-2000 (TTY 1-877-515-5559) or long distance 1-800-265-2002.

LINKS REFERENCE

¹<https://collegeapply.ontariocolleges.ca/?collegeCode=GBTC&programCode=S125&lang=en>

²<http://www.georgebrown.ca/international/futurestudents/tuitionfees/>

³<http://www.georgebrown.ca/wave/fitnessstudios/>

⁴<https://futurestudents.yorku.ca/program/kinesiology-health-science>

⁵<https://futurestudents.yorku.ca/program/kinesiology-health-science>

⁶<http://www.georgebrown.ca/assessment/admi-pre/>

⁷<http://www.georgebrown.ca/upgrading-credits/english-diploma/>

⁸<http://www.georgebrown.ca/upgrading-credits/math-diploma/>

⁹<http://www.georgebrown.ca/upgrading-credits/sciences-diploma/>

⁹<http://www.georgebrown.ca/international/futurestudents/applynow/>

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