

## Program Roadmap: Is this program right for you?

### About You

- You're physically active and enjoy helping other people be active.
- You're interested in the theoretical side of fitness (e.g. learning anatomy & physiology).
- You're energetic, enthusiastic and responsible.
- You're an excellent communicator, a people person with a strong capacity for empathy.



### Are you ready?

- To participate in 20 hours of class per week, and 15 hours per week of practice/study. For those with a part-time job, we recommend working no more than 10 hours per week.
- To arrive on time – punctuality demonstrates your professionalism.
- To work with the general public.
- To keep up with your studies, which are fairly fast-paced, each succeeding course building upon the last.

### Did you know?

- The program is designed to help you develop broad-based skills in fitness and health promotion: you'll graduate with the ability to lead classes, train, do admin and supervise others but be prepared to also process a lot of science-based information.
- Working hours may vary depending on your employment.

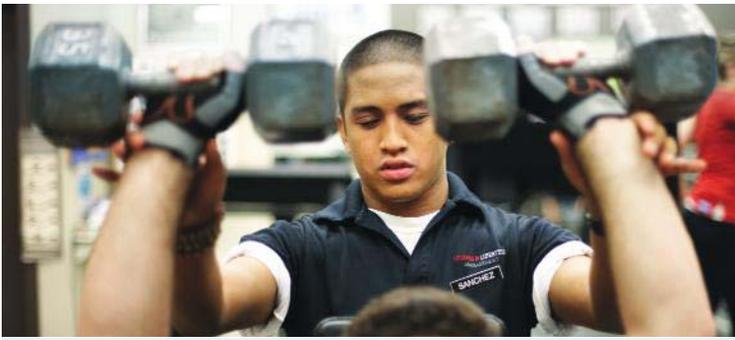
### Chart Your Path Success

	1 <sup>st</sup> Year (Semester 1 + 2)	2 <sup>nd</sup> Year (Semester 3 + 4)
<b>Academic Experience</b>	<ul style="list-style-type: none"> <li>• 15 required courses</li> <li>• 1 elective</li> <li>• Plus any additional courses required based on placement test results*</li> </ul>	<ul style="list-style-type: none"> <li>• 15 required courses</li> <li>• 1 elective</li> <li>• Includes: Field Education</li> </ul>
<b>Industry Connections</b>	<ul style="list-style-type: none"> <li>• Every year we invite alumni to visit and give tips on the industry.</li> <li>• We invite industry partners to an employment fair, where 2nd years find field education opportunities and part-time jobs.</li> </ul>	
<b>Preparation Tips</b>	<ul style="list-style-type: none"> <li>• We recommend that you start an exercise program if you're not already doing so.</li> <li>• Attend orientation.</li> <li>• Set up access to course-specific online communities &amp; materials.</li> <li>• Register on <a href="#">STU-VIEW</a><sup>1</sup> for a mandatory in-person English placement test and for your courses.</li> <li>• Set up your <a href="#">georgebrown.ca</a> email. This is how the college will keep in touch with you.</li> <li>• Get your student ID card. It gives you access to many college services and activities, including the Library Learning Commons.</li> <li>• Apply for financial aid and scholarships.</li> </ul>	

\*Extra fees may apply

### Other Services

The [Current Student](#)<sup>2</sup> page has information about available services and activities including: [Athletics](#)<sup>3</sup> (including clubs & recreation), [Student Life](#)<sup>4</sup> activities (including the [Student Leadership Academy](#)<sup>5</sup>), [Counselling](#)<sup>6</sup>, [Accessible Learning Services](#)<sup>7</sup>, [Library Learning Commons](#)<sup>8</sup>, [tutoring](#)<sup>9</sup>, [peer coaching](#)<sup>10</sup>, [technical support](#)<sup>11</sup> and more.



## Need career support?

Jump-start your job search with [Career Services](#)<sup>13</sup> and [Career Coach](#)<sup>14</sup>.

The Career Services centre offers support to students before, during and after their studies.

- Identify your strengths and develop your career skills.
- Use our online tools and interactive workshops to build your resume, cover letter and interview skills.
- Work one-on-one with a Career Advisor to start your career development.

## Still unsure?

We can help you find the program that's right for you.

Contact an Entry Advisor at 416-415-5000, ext. 2949 or [collegeadvisor@georgebrown.ca](mailto:collegeadvisor@georgebrown.ca).

Book an appointment using the [Entry Advising Client Intake Form](#)<sup>15</sup>.

For inquiries related to S125 contact Program Co-ordinator: Carolyn Deeth [cdeeth@georgebrown.ca](mailto:cdeeth@georgebrown.ca) or ext. 6345.

## Program Highlights

- We facilitate field placements at a variety of locations, including employee, community & private fitness centres facilities, and community groups.
- Work at our in-house Fitness Studio, training clients and leading fitness classes for students, staff & community members. And, in the 4th semester, you'll have the opportunity to learn specialized classes like circuit or boot camp.

## About Us

- Our program is designed to allow students to participate in each other's learning. For example, 2nd years train 1st years, & 1st years attend 2nd years' fitness classes.
- Located in the heart of downtown Toronto, George Brown's Waterfront Campus offers students an environment entirely focused on the health sciences.
- Our faculty, many of whom are alumni of this program and all of whom are experienced professionals, are dedicated to preparing the next generation for the fitness and health promotion industry. We can even help in many aspects of job preparation, including helping you start your own business.

## What's Next

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.

## Want more training?

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 University](#)<sup>12</sup> in a significantly reduced timeframe (between two and two and a half years).

For more information, see [georgebrown.ca/transferguide/](http://georgebrown.ca/transferguide/)



## Links Reference

- <sup>1</sup><http://stuviview.georgebrown.ca>
- <sup>2</sup><https://www.georgebrown.ca/current-students/>
- <sup>3</sup><https://www.georgebrown.ca/athletics/>
- <sup>4</sup><https://www.georgebrown.ca/studentlife/>
- <sup>5</sup><https://www.georgebrown.ca/studentleadershipacademy/>
- <sup>6</sup><https://www.georgebrown.ca/current-students/counselling/>
- <sup>7</sup><https://www.georgebrown.ca/accessible-learning-services/>
- <sup>8</sup><https://www.georgebrown.ca/llc/>
- <sup>9</sup><https://www.georgebrown.ca/tlc/>
- <sup>10</sup><https://www.georgebrown.ca/peerconnect/>
- <sup>11</sup><https://www.georgebrown.ca/llc/technology/techhelp/>
- <sup>12</sup><https://futurestudents.yorku.ca/program/kinesiology-health-science>
- <sup>13</sup><https://www.georgebrown.ca/careerservices/>
- <sup>14</sup><https://georgebrown.emsicc.com/?radius=@ion=Toronto>
- <sup>15</sup><https://www.georgebrown.ca/advising/contactform/>
- <sup>16</sup><https://www.facebook.com/georgebrowncollege>
- <sup>17</sup><http://www.twitter.com/GBCollege>
- <sup>18</sup><http://www.instagram.com/gbcollege/>
- <sup>19</sup><http://www.youtube.com/user/georgebrowncollege>
- <sup>20</sup><https://www.georgebrown.ca/mobileapps/>

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