

Fitness & Health Promotion

FHPR

Ontario College Diploma

2 years (4 semesters)

Campus

Barrie

Intake

September/January/May

Become a fitness and health professional. Practical training and industry experience that extends beyond lectures. Be certification-ready.

This program is designed to provide students with the knowledge, skills and experience necessary to become leaders in the fitness and health promotion industry. Exercise science, health promotion and business administration represent the primary areas of concentration supported by a curriculum that includes anatomy, physiology, group fitness leadership, fitness testing, personal training, lifestyle programming and client counselling. Business fundamentals and health promotion include courses in small business and entrepreneurship, community development and administrative practices. Practical experience is obtained through lab and workplace settings.

Admission requirements

- secondary or high school transcripts with proof of graduation, subjects taken and grades received
- English credit is required at the Grade 12 level
- 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)
for requirements from your country visit georgiancollege.ca/international/admissions
- English language proficiency visit georgiancollege.ca/international/admissions
- for general admission requirements visit georgiancollege.ca/international/admissions

Mandatory courses

BIOL1017	Applied Anatomy
BIOL1018	Exercise Physiology
FITN1007	Fitness Instructor Leadership
FITN1008	Introduction to Fitness and Health Promotion
FITN1009	Personal Training
FITN1010	Industry Experience 1
FITN2008	Fitness Appraisal and Testing 1
FITN2009	Exercise and the Human Condition
FITN2010	Advanced Exercise Techniques
FITN2011	Fitness Appraisal and Testing 2
FITN2012	Industry Experience 2
NUTR2000	Current Concepts in Nutrition
RECR2003	Administration Practices
RECR2006	Community Development
BIOL1027	Anatomy
BIOL1028	Physiology
ENTR2009	Entrepreneurship and Small Business
FITN1013	Client Counselling
FITN2013	Exercise Planning and Prescription

Career opportunities

SAMPLE JOB TITLES:

- coach/sports instructor
- fitness instructor
- group exercise instructor
- health and fitness appraiser/counsellor/instructor
- outdoor guide
- personal trainer
- program director
- wellness consultant

POTENTIAL EMPLOYERS:

- camps
- commercial/private fitness
- corporate/employee fitness centres
- gyms
- health clubs/units
- hotels, resorts and cruise ships
- organizations or municipal /community fitness facilities
- recreational clubs and centres
- schools
- self-employed
- spas
- sports clubs

EMPLOYMENT RATE

94%

AVERAGE STARTING SALARY

\$38,000 CAD

Information provided by Co-operative Education and Career Success

AVERAGE ANNUAL SALARY

\$35,618 - 49,567 CAD*

**Information provided by the Government of Ontario website*

Future education pathways

9 articulation agreements have been negotiated for this program with universities and other institutions across Canada, North America and internationally. *subject to change*

Visit GeorgianCollege.ca/admissions/credit-transfer for additional information.

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