

Area of Interest: Recreation and Wellness

Fitness and Health Promotion

Ontario College Diploma

Program Code: 3010X01FWO

2 Years

Ottawa Campus

Our Program

Helping others achieve a healthy lifestyle.

The two-year Fitness and Health Promotion Ontario College Diploma program prepares you to perform the roles and responsibilities of fitness and health consultants who plan, promote and deliver a wide variety of services. These include activity and educational programs that enhance the health, fitness and well-being of individuals and groups in diverse settings.

In this program, you learn the skills and knowledge to live a fit and healthy lifestyle, which, in turn, allows you to help others achieve their own health and lifestyle goals. You prepare to meet the demands of an evolving, multi-dimensional market for fitness, wellness and health promotion service provision.

Field placements in the program provide industry experience. These varied placements allow you to apply the skills and knowledge gained in classes to a workplace setting, as well as gain exposure to potential employers and add to your overall marketability and employability after graduation.

This program prepares you to challenge certification exams in group fitness and personal training with canfitpro™ and personal training with Canadian Society for Exercise Physiology (CSEP). You are also prepared to pursue other certifications in group fitness and personal training nationally and internationally.

Upon graduating, you may find employment in the fitness industry in a variety of settings. These may include:

- fitness and health clubs (both corporately or privately owned)
- non-profit and community organizations
- public, municipal or institutional fitness and recreation centres
- corporate employer fitness facilities, private fitness studios
- sports specialty training facilities and camps
- allied health and alternative health clinics

Additionally, you may choose to become a consultant or business entrepreneur offering private in-person or online personal training and coaching services.

SUCCESS FACTORS

This program is well-suited for students who:

- Believe in the value of an active and healthy lifestyle.
- Interested in advocating other's physical activity and wellness.
- Enjoy learning about the human body and how it works.
- Have strong interpersonal and personal management skills or wish to develop those skills.

- Are comfortable speaking in front of small and medium-sized groups or wish to develop those skills.

Employment

Graduates may find employment as personal trainers, fitness instructors, program coordinators, activity coordinators, exercise therapists, exercise specialists, rehabilitation assistants, health promoters. In addition, graduates may choose to become consultants or business entrepreneurs.

Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
- 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.
- 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.
- Select and apply interview tools and coaching strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways.
- Develop business plans for a fitness and/or training business organization to ensure sustainability and viability while mitigating risks.
- Support community health promotion strategies for active healthy living in the general population.
- 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.
- Provide positive reinforcement to empower clients and help them sustain their efforts.
- Develop plans and implement strategies for ongoing professional growth and development.
- Communicate information persuasively and accurately in oral, written, and other media formats.
- Identify and apply discipline-specific practices that contribute to the local and global community through social responsibility, economic commitment and environmental stewardship.

Program of Study

Level: 01	Courses	Hours
ENL1813S	Communications I	42.0
FIT2212	Introduction to Fitness/Wellness	56.0
FIT2215	Physiology	42.0
FIT2217	Anatomy	42.0
FIT2219	Field Preparation	28.0
FIT2224	Group Fitness I	42.0
FIT2227	Technology in Fitness	28.0

MGT8100	Career and College Success Skills	42.0
Level: 02	Courses	Hours
ENL1832C	Report Writing for Recreation	42.0
FIT0014	Nutrition	42.0
FIT0017	Applied Anatomy	28.0
FIT2222	Mechanics of Exercise	56.0
FIT2225	Exercise Physiology	42.0
FIT2229	Field Placement 1	45.0
FIT2233	Group Fitness II	42.0
Choose one from equivalencies:	Courses	Hours
GED3010	General Education Elective	42.0
Level: 03	Courses	Hours
FIT0020	Fitness Operations	24.0
FIT0027	Personal Training Fundamentals	48.0
FIT0043	Fitness Management Customer Service	24.0
FIT2220	Fitness Assessment	36.0
FIT2230	Athletic Injuries	48.0
FIT2235	Career Planning and Professional Development	24.0
FIT2236P	Field Placement 2	72.0
Choose one from equivalencies:	Courses	Hours
GED3010	General Education Elective	42.0
Level: 04	Courses	Hours
FIT0028	Industry Trends	30.0
FIT0037	Personal Training Application	40.0
FIT0042	Fitness Business Management	30.0
FIT2239	Field Placement 3	130.0
FIT2240	Programming for Diverse Populations	40.0
FIT2244	Health and Wellness Promotions	30.0

Fees for the 2023/2024 Academic Year

Tuition and related ancillary fees for this program can be viewed by using the Tuition and Fees Estimator tool at <https://www.algonquincollege.com/fee-estimator>.

Further information on fees can be found by visiting the Registrar's Office website at

<https://www.algonquincollege.com/ro> .

Fees are subject to change.

Additional program related expenses include:

Books, supplies and optional project materials cost approximately \$600 per term. Supplies can be purchased at the campus store.

Admission Requirements for the 2024/2025 Academic Year

College Eligibility

- Ontario Secondary School Diploma (OSSD) or equivalent. Applicants with an OSSD showing senior English and/or Mathematics courses at the Basic Level, or with Workplace or Open courses, will be tested to determine their eligibility for admission; OR
- Academic and Career Entrance (ACE) certificate; OR
- General Educational Development (GED) certificate; OR
- Mature Student status (19 years of age or older and without a high school diploma at the start of the program). Eligibility may be determined by academic achievement testing for which a fee of \$50 (subject to change) will be charged.

Program Eligibility

- English, Grade 12 (ENG4C or equivalent) with a grade of 65% or higher.
- Biology, Grade 11 or 12 or Chemistry, Grade 11 or 12 or Physics, Grade 11 or 12 or Health and Physical Education, Grade 12 (PLF4C, PSK4U, PPL4O, PAF40 or Equivalent).
- Applicants with international transcripts must provide proof of the subject-specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International Credential Assessment Service of Canada (ICAS) or World Education Services (WES).
- IELTS-International English Language Testing Service (Academic) Overall band of 6.5 with a minimum of 6.0 in each band; **OR** TOEFL-Internet-based (iBT)-overall 88, with a minimum of 22 in each component: Reading 22; Listening 22; Speaking 22; Writing; 22; **OR** Duolingo English Test (DET) Overall 120, minimum of 120 in Literacy and no score below 105.

Not sure if you meet all of the requirements? Academic Upgrading may be able to help with that: <https://www.algonquincollege.com/access/> .

Should the number of qualified applicants exceed the number of available places, applicants will be selected on the basis of their proficiency in English, and Biology or Chemistry or Health and Physical Education.

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Police Records Check Documentation:

Though not an admission requirement, applicants must note important information listed below regarding Police Records Check program requirements.

Students must provide the College with a current Police Records Check(PRC) prior to the deadline identified by the department and students are responsible for any associated costs. If this documentation is not submitted on time, students may not be placed and registration in the program will be jeopardized. If you register in the program without a clear PRC and as a result are unable to participate in placement, you will not be able to graduate and will be asked to withdraw.

Field Placement Eligibility:

Field placements occur in first and second year of the program.

Hospital and Field Placements/Outreach require Health and Safety, WHMIS and OWSHA training prior to placements. There are additional costs associated with training that should be anticipated by students which are not covered by tuition fees.

To be eligible for placement, you must submit proof of Standard First Aid certification, CPR/AED level C, PRC, and complete immunizations (if required by the placement agency) through ParaMed and pay associated costs. ParaMed services are the third-party provider who collects all field placement documentation for the School of Health and Community Studies.

Should you require further information, please contact the Program Chair.

Application Information

FITNESS AND HEALTH PROMOTION Program Code 3010X01FWO

Applications to full-time day programs must be submitted with official transcripts showing completion of the academic admission requirements through:

ontariocolleges.ca
60 Corporate Court
Guelph, Ontario N1G 5J3
1-888-892-2228

Students currently enrolled in an Ontario secondary school should notify their Guidance Office prior to their online application at <http://www.ontariocolleges.ca/> .

Applications for Fall Term and Winter Term admission received by February 1 will be given equal consideration. Applications received after February 1 will be processed on a first-come, first-served basis as long as places are available.

International applicants please visit this link for application process information: <https://algonquincollege.force.com/myACint/> .

For further information on the admissions process, contact:

Registrar's Office
Algonquin College
1385 Woodroffe Ave
Ottawa, ON K2G 1V8
Telephone: 613-727-0002
Toll-free: 1-800-565-4723
TTY: 613-727-7766
Fax: 613-727-7632
Contact: <https://www.algonquincollege.com/ro>

Additional Information

Active participation in lab components is an expected part of this program.

Courses are delivered in a variety of formats including face-to-face in a classroom, hybrid (combination of classroom and online learning) and online. Students participate in all three types of learning. Students also participate in laboratory and field placement learning activities. Mandatory field placements and course-related projects may be scheduled outside of regular class hours.

Part-time study is available and customized delivery of program components may be arranged.

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Contact Information

Program Coordinator(s)

- Peter Breithaupt, <mailto:breithp@algonquincollege.com> , 613-727-4723, ext.5435
- Jill Peck, <mailto:peckj@algonquincollege.com> , 613-727-4723, ext. 7114
- Laura Sinopoli, <mailto:sinopol@algonquincollege.com> , 613-727-4723, ext. 7025

Course Descriptions

ENL1813S Communications I

Communication remains an essential skill sought by employers, regardless of discipline or field of study. Using a practical, vocation-oriented approach, students focus on meeting the requirements of effective communication. Students practise writing, speaking, reading, listening, locating and documenting information, and using technology to communicate professionally. Students develop and strengthen communication skills that contribute to success in both educational and workplace environments.

Prerequisite(s): none
Corequisite(s): none

ENL1832C Report Writing for Recreation

Clear, concise and accurate reporting skills are essential for effective and efficient record keeping and project planning. Students work independently and in groups to research, organize and produce written and oral reports, specific to recreation and fitness requirements, according to appropriate business standards.

Prerequisite(s): ENL1813S
Corerequisite(s):none

FIT0014 Nutrition

The exercise leader is provided with a fundamental background in nutrition as it relates to a healthy lifestyle, optimal health and peak performance. Topics include the major nutrients, food labeling, fluid and electrolyte balance, antioxidants and phytochemicals, weight management, vitamins and minerals and how each affects wellness and performance. Current nutritional trends relevant to the fitness industry are introduced.

Prerequisite(s): none
Corerequisite(s):none

FIT0017 Applied Anatomy

As a continuation of FIT2217, students apply their knowledge of the human musculoskeletal system to exercise in small group approach. Moving beyond muscle attachments and joint actions, students focus on palpitation of bone, joint and muscular structures along with muscle testing and joint ranges of motion.

Prerequisite(s): none
Corerequisite(s):none

FIT0020 Fitness Operations

The safety and effectiveness of a fitness facility is strengthened when standardized guidelines are followed. Students gain knowledge and experience in the areas of facility layout and design, risk management, human resource management and other organizational structures via case studies, projects, assignments and group discussions.

Prerequisite(s): none
Corerequisite(s):none

FIT0027 Personal Training Fundamentals

Through theory and practical classes, students learn to design safe and effective personalized training programs.

Prerequisite(s): none
Corerequisite(s):none

FIT0028 Industry Trends

Staying current in an industry that is broad, diverse and quickly evolving requires curiosity, awareness and constant research. Students analyze trends in fitness training, discuss predictions for the future of the fitness industry and strategize about how to stay current following their diploma. Exploration of new and emerging equipment, organizations, and facilities provide this opportunity.

Prerequisite(s): none
Corerequisite(s):none

FIT0037 Personal Training Application

A personal trainer's success involves relationship-building, and effective coaching, both requiring practice to gain confidence and professionalism. Students advance their skills by experiencing a real-life client/trainer partnership involving motivational interviewing, fitness testing, client-centred exercise selection and on-on-one training sessions in a supervised environment.

Prerequisite(s): FIT0027 and FIT2220

Corerequisite(s):none

FIT0042 Fitness Business Management

To be successful in any business, a basic understanding of financial management, business planning, marketing, sales and promotion is crucial. Through lectures, assignments, group activities, and discussion groups, students explore basic accounting, budgeting and a variety of management functions in preparation for operating a fitness business.

Prerequisite(s): none

Corerequisite(s):none

FIT0043 Fitness Management Customer Service

Great customer service is necessary for success in the fitness and wellness industry. Students examine the essential components of good customer service, including needs assessments and the importance of exceeding customer expectations. Through case studies, students practice responding to challenging customers and strategies for client retention.

Prerequisite(s): none

Corerequisite(s):none

FIT2212 Introduction to Fitness/Wellness

There are many dimensions of a healthy lifestyle all of which are important for understanding wellness. Students assess and develop their own dimensions of wellness and apply behaviour change theory to lifestyle choices. With the application of the principles of training, students design their own physical activity plan while learning how to use a wide variety of exercise equipment both in our fitness lab and in our state-of-the art campus fitness facility.

Prerequisite(s): none

Corerequisite(s):none

FIT2215 Physiology

An introduction to the various systems of the body, including the muscular, nervous, cardiorespiratory, energy and endocrine systems is provided. Students gain knowledge of the acute and chronic adaptations to exercise on each of the systems and their relationship to good health.

Prerequisite(s): none

Corerequisite(s):none

FIT2217 Anatomy

Students develop a solid understanding of the human musculoskeletal system by focusing on major joints and muscle groups. Students learn muscle origins, insertions, and actions.

Prerequisite(s): none

Corerequisite(s):none

FIT2219 Field Preparation

To be successful in a customer service-based industry, one must be aware of appropriate professional behaviours, attitudes, and communication styles. Students explore various fitness environments to observe unique features and common practices. Students develop strategies for

personal and professional growth in communication, time management and organizational skills. Through reflection papers, students identify their interests and goals for further field experience.

Prerequisite(s): none
Corerequisite(s):none

FIT2220 Fitness Assessment

Designing and prescribing appropriate fitness and lifestyle programs to improve fitness and health begins with being able to assess the physical fitness and lifestyle habits of oneself and others. Students develop skills in selecting and administering a variety of tools to assess a client's readiness for exercise and initial levels of body composition, aerobic fitness, flexibility, muscle strength and endurance.

Prerequisite(s): none
Corerequisite(s):none

FIT2222 Mechanics of Exercise

Understanding how the body works is essential for professionals in health and fitness. Students identify how the bones, muscles and joints function during movement and exercise through analyzing movement. Students learn and perfect proper execution and learn to coach others to perform exercises safely and effectively.

Prerequisite(s): none
Corerequisite(s):none

FIT2224 Group Fitness I

Many people prefer to participate in fitness and related activities in a group setting, often to music. Students are introduced to the art and science of effective group exercise leadership by exploring various class styles and the use of different types of equipment. Students participate in and lead a variety of group exercise classes.

Prerequisite(s): none
Corerequisite(s):none

FIT2225 Exercise Physiology

An understanding of how the body functions during exercise and how it adapts to long-term exercise is important for a fitness and exercise leader. Students enhance their knowledge of the acute and chronic adaptations to exercise. Students gain a good understanding of the relationship of the human body, health and exercise and its adaptation to various environmental conditions, such as high altitude, zero gravity, underwater, and heat and cold.

Prerequisite(s): none
Corerequisite(s):none

FIT2227 Technology in Fitness

The use of technology supports efficient facilitation, management, and promotion of services in the fitness industry. Students examine a spectrum of online tools and social media platforms for both promotional and service delivery purposes. They create tools for fitness, health promotion and marketing using a variety of software types and applications. Group work and collaborative activities add to the experience.

Prerequisite(s): none
Corerequisite(s):none

FIT2229 Field Placement 1

Gaining experience in a fitness environment supports graduates when entering the workforce.

Students begin to integrate theory into practice by completing a placement in a fitness and health-related setting.

Prerequisite(s): FIT2219
Corerequisite(s):none

FIT2230 Athletic Injuries

Postural assessment, joint mobility assessment, gait analysis, and fundamental movement screening are all tools used to predict the likelihood of musculoskeletal injury. Students apply their knowledge of anatomy and correct movement mechanics to learn how injuries and conditions occur and how they might be prevented. A variety of both visual and hands-on assessments are used in a lab setting as students learn to assess themselves and their peers.

Prerequisite(s): FIT0017 and FIT2222
Corerequisite(s):none

FIT2233 Group Fitness II

Personal leadership qualities, and the ability to coach movement and musicality are keys to conducting successful classes to music in a group environment. Students further develop these skills and learn ways to pair exercises with a variety of music types and tempos. The ability to cue/coach exercises develops through practice as their own unique leadership style for group instruction emerges.

Prerequisite(s): FIT2224
Corerequisite(s):none

FIT2235 Career Planning and Professional Development

Developing a successful career in any field begins with having a plan of action. Students create a personal career plan related to their career goals. Professional development and the role of professional organizations in the student's career are discussed. Students create sample cover letters and an updated resume and arrange their field placement.

Prerequisite(s): none
Corerequisite(s):FIT2236P

FIT2236P Field Placement 2

Immersion in work environments broadens one's perspective of possibilities for employment. Students participate in a full-time placement where they apply their practical skills in fitness and health promotion. Students focus on building connections in the field and exploring new avenues for potential employment.

Prerequisite(s): FIT2229
Corerequisite(s):none

FIT2239 Field Placement 3

Field placement enhances student learning by integrating knowledge with work experience. Students complete a full-time placement, applying advanced skills and knowledge in a workplace setting and build connections with potential employers.

Prerequisite(s): FIT0027 and FIT2233 and FIT2235 and FIT2236P
Corerequisite(s):none

FIT2240 Programming for Diverse Populations

Designing exercise programs to meet the needs of individuals with particular physical, sensory or cognitive needs requires additional knowledge and broadens one's repertoire as a professional. Through lectures and lab activities students learn about diversity, inclusivity and reducing barriers

through creative equipment choices in exercise programming. Topics include a variety of chronic conditions and diseases, pregnancy, and sensory and cognitive limitations.

Prerequisite(s): FIT0027 and FIT2220
Corerequisite(s):none

FIT2244 Health and Wellness Promotions

Many dimensions of community health and wellness can be promoted by fitness professional. Students explore strategies and practices to promote health and wellness at a community level through special projects and assignments in various settings.

Prerequisite(s): none
Corerequisite(s):none

GED3010 General Education Elective

Students choose one course, from a group of general education electives, which meets one of the following four theme requirements: Arts in Society, Civic Life, Social and Cultural Understanding, and Science and Technology.

Prerequisite(s): none
Corerequisite(s):none

GED3010 General Education Elective

Students choose one course, from a group of general education electives, which meets one of the following four theme requirements: Arts in Society, Civic Life, Social and Cultural Understanding, and Science and Technology.

Prerequisite(s): none
Corerequisite(s):none

MGT8100 Career and College Success Skills

To succeed at college, in the workforce, and in the community, we must adapt to changing environments, manage our time effectively, study efficiently, think independently and make difficult decisions. At the same time, we are often required to collaborate and cooperate with others, make use of available resources and services, cope with pressure and take responsibility for our learning and actions. Through discussions, assignments, and group work, students develop and apply these skills in a supportive and collaborative learning environment.

Prerequisite(s): none
Corerequisite(s):none