

# FITNESS AND HEALTH PROMOTION (FPRO)

## Gear up to meet the growing demand for health and wellness professionals

Channel your passion for fitness, health, and wellness into a rewarding career with our hands-on program that covers many aspects of fitness and health promotion. You'll become equipped with the knowledge and skills to create and lead fun and effective programs for people of all ages and abilities through courses in physical literacy, fitness assessment, nutrition, outdoor recreation, and recreation management. You'll also participate in activities in a private multipurpose fitness and health promotion laboratory space. Here, you'll hone your skills to inspire and transform lives, and in turn, you will ignite a desire for health and fitness in others!

### Program highlights

- Gain invaluable hands-on experience with a 175-hour placement in your final semester
- Benefit from a blend of fitness education and health promotion principles
- Learn what Northern Ontario has to offer with experiential outdoor field trips that blend learning with excitement
- Gain access on campus to fully-equipped weight and cardio rooms, squash courts, double gymnasium, stretching area, outdoor running track, football field, baseball diamond, and beach volleyball courts
- Gain additional certifications from Sport for Life, HighFive, Ontario Fitness Council, and the Canadian Society of Exercise Physiology

### Program of study for 2024-25 Academic Year

Semester 1		Credits
FHP 1150	Group Exercise	4
HEA 1190	Health Promotion and Wellness	3
MKT 1104	Marketing Essentials	4
FLM 1101	Mental Training for Exercise	3
BIO 1800	Musculoskeletal Foundations	3
ENG 1121	Research & Writing/Health Sciences	3
<b>Credits</b>		<b>20</b>
Semester 2		Credits
BIO 2121	Anatomy Physiology and Disease	3
FHP 2400	Nutrition for Health	3
FHP 1200	Recreation Management	3
FHP 3410	Recreation Trends	4
FHP 1250	Resistance Training	4
Two General Education Courses. <sup>1</sup>		6
<b>Credits</b>		<b>23</b>
Semester 3		Credits
FHP 2421	Career Development	3
FHP 2316	Exercise Physiology	4
FHP 3500	Exercise for Special Populations	3
FHP 2440	Fitness Assessment Training I	3
FHP 1300	Lifespan Exercise Programming	4
FHP 1201	Nutrition for Performance	3

FHP 1301	Outdoor Recreation and Fitness	3
<b>Credits</b>		<b>23</b>
Semester 4		Credits
FHP 1400	Event Management	3
FHP 1403	Field Placement	4
FHP 1402	Fitness Assessment Training II	3
HEA 2030	MSK Therapeutic Exercise	4
One General Education Course. <sup>1</sup>		3
<b>Credits</b>		<b>17</b>
<b>Total Credits</b>		<b>83</b>

<sup>1</sup> For more information regarding General Education courses, click here (<https://cambriacollege.ca/general-electives/>).

### Admission requirements

For graduates of the new curriculum (OSS): Ontario Secondary School Diploma (30 credits) or equivalent or mature student status, including:

- Any grade 12 English (C) or (U)
- Any grade 11 (C), (U), or (M) or grade 12 mathematics (C) or (U)
- Any grade 11 or 12 science (C), or (U) or or grade 12 introductory kinesiology (U) or exercise science (U)

### Additional admissions requirement

This program includes a physical fitness component and requires that students perform cardio-respiratory endurance, muscular strength and endurance, and flexibility exercises. Additional activities include group exercise, outdoor recreation, and other various forms of physical activity. Students must complete a Get Active Questionnaire (GAQ) and an Informed Consent form. Prospective students with health-related concerns that may affect their ability to participate in physical activities are encouraged to consult with their doctor before beginning the program and contact the program coordinator to discuss potential assignment modifications as required.

### Recommendations

Any grade 11 or 12 health and physical education (e.g., PLF4C, PPL40) or exercise science (e.g., PSE4U)

### Additional information

Field placement agencies may require that First Aid/CPR and a criminal record check be obtained prior to placements. A criminal record check (CPIC) can be completed by local police departments, and First Aid/CPR certification can be obtained through either St. John's Ambulance or Canadian Red Cross. It is highly recommended that these requirements be obtained prior to beginning the program, but they can be obtained during the program as well. It is highly recommended that students have up-to-date immunizations as **most placement sites for this program require proof of immunization** and booster shots for COVID-19.

### Program delivery

#### 2024-2025

##### Fall term start

SEMESTER 1: Fall 2024  
SEMESTER 2: Winter 2025  
SEMESTER 3: Fall 2025  
SEMESTER 4: Winter 2026

### **Winter term start**

SEMESTER 1: Winter 2025

SEMESTER 2: Spring 2025

SEMESTER 3: Fall 2025

SEMESTER 4: Winter 2026

### **Specific program pathway**

Graduates from this program may continue their studies at college/ university and may receive credit for their prior College education.

Fitness and Health Promotion diploma graduates will receive advanced standing to enter Laurentian University's School of Kinesiology and Health Sciences. This will allow students to complete their Bachelors of Physical Health Education degree in Kinesiology or Health Promotion in two years!

### **College or university degree opportunities**

If you are a graduate of this program, you may continue your studies at a college or university and you may receive credit(s) for your prior college education. Refer to Cambrian's college and university agreement (<https://cambriancollege.ca/supports-services/articulation-agreements/>) details for further information.

### **Employment opportunities**

Graduates will be prepared for employment opportunities as:

- Athlete development coaches
- Fitness coordinators and consultants
- Group exercise instructors
- Health and fitness assessors
- Health promotion consultants
- Personal trainers
- Program directors or managers
- Sport or fitness retail sales consultants
- Sport, recreation, or fitness consultants

There are a range of career options in private, public, and corporate health centres. Health and fitness professionals can be found working in municipal and community-based organizations, allied health care, retirement homes, resorts/hotels, parks and recreation, sports specialty camps, and more!

### **Contacts**

#### **Martin Dubuc**

Program Coordinator

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#### **INTERNATIONAL ADMISSIONS**

[mailboxadmissions@cambriancollege.ca](mailto:mailboxadmissions@cambriancollege.ca)