

# HEALTH AND WELLNESS (HLTH)

## Certificate of Completion | Barrydowne & Online

A micro-credential is a Cambrian College Board of Governor's level certification awarded at Convocation. The Health and Wellness Certificate of Completion is currently being offered to students who are taking a two-year diploma program, a three-year advanced diploma program or as a stand-alone certificate.

In order to be eligible for this certificate, students must complete four courses within the Health and Wellness area.

### Certificate Requirements

In order to obtain the Certificate of Completion, four of the following courses must be completed:

Code	Title	Credits
FIT 1115	Health & Wellness	3
PSY 1003	Concurrent Disorders, Mental Health & Addictions	3
PSY 1125	Positive Psychology	3
HEA 1307	Spiritual Wellness	3
SCI 1001	Human Sexuality	3

Please see our General Education Electives (<https://cambriancollege.ca/general-education-electives/>) page for the list of available courses for each semester.

### Current Postsecondary Students

Students currently enrolled in a postsecondary program at Cambrian College may take this micro-credential concurrently with their diploma program.

Whenever there is a General Education course within their program, students seeking the micro-credential should elect to take one of the four Health and Wellness courses. Since each program requires three General Education courses, students must enroll in one additional course (with applicable tuition and other fees), whether as an overload or through an off-stream term. Students will apply to graduate for the micro-credential upon completion.

For further information, please contact your program coordinator or Bradie Granger, Chair of General Studies.

### Continuing Education Students

Individuals can complete this micro-credential as a standalone certificate on a part-time basis. Those interested in pursuing the certificate should use the following link to **SIGN UP** for the program. Our General Education Electives (<https://cambriancollege.ca/general-education-electives/>) page will provide a list of available courses for each term to help you plan your path to completion.

Once you have signed up for the program, please use the following link to **REGISTER NOW** for your course(s).

### Fees

Please see our fees page (<http://cambriancollege.ca/fees/>) for the breakdown of tuition and mandatory ancillary fees by program and semester for both domestic and international students.

## Contacts

**Bradie Granger**

Chair, School of General Studies

705-566-8101, ext 6435

[bradie.granger@cambriancollege.ca](mailto:bradie.granger@cambriancollege.ca)