



Fitness and Health Promotion Program Fact Sheet

Category	Information
Program Name	Fitness and Health Promotion Revised: Jun. 9, 2017
Program Code	3040
Program Length	4 Semesters
Fall Semester	Year 1: Sept 5 to Dec 15, 2017 Year 2: Sept 6 to Dec 15, 2017
Winter Semester	Year 1 and 2: Jan 8 to Apr 27, 2018
Breaks/Holidays	Thanksgiving: Oct 9, 2017 Holiday Break: Dec 25, 2017 to Jan 7, 2018 Family Day: Feb 19, 2018 Winter Study Break: Mar 12 to Mar 16, 2018 Good Friday: Mar 30, 2018
Tuition Fees	Semester 1 (Fall 2017) - \$2,157.75 Semester 2 (Winter 2018) - \$1,839.75 Semester 3 (Fall 2017) - \$2,123.75 Semester 4 (Winter 2018) - \$1,839.75
Payment Deadline	Semester 1 and 3 (Fall 2017) Jun 15, 2017 \$500 Deposit OSAP/2 nd Career Recipients \$200 Deposit Semester 1 and 3 (Fall 2017) Aug 11, 2017 Balance of Fall Semester Fees Semester 2 and 4 (Winter 2017) Dec 8, 2017 Winter Semester Fees
Parking Fees	Per Semester – \$124.00 (tax included) Per Academic Year – \$243.00 (tax included) Daily Coin Lot Parking – \$5.00 per entry
Books	Semester 1 - \$1,000.61 Semester 2 - \$458.36 Semester 3 - \$ 700.36 Semester 4 - \$ 0.00 These amounts are an estimate only. Your booklist will be available on the student portal upon registration.
Program Related Placement Requirements	<ul style="list-style-type: none"> • Standard 1st Aid and CPR (Level C) Certificate, <i>Online Courses not acceptable</i> • Workplace Hazardous Materials Information System WHMIS Certificate • Immunization <ul style="list-style-type: none"> ○ Two-step TB Test <i>If a 2-step was completed over a year ago; a 1 step TB test is required. For a known positive test, you must be assessed by a physician and receive medical documentation to have access to placement (a chest x-ray is required).</i> <p>Criminal Record Check with Vulnerable Sector Search <i>(Students will be advised how to obtain this document during the first month of classes.)</i></p> <p>Note: <i>Students who have convictions or pending charges must submit their Criminal Record Check and meet with the Chair, Health Programs before the start of the program. Contact us at (705) 759-2554 ext. 2560 or 2689.</i></p> <p>\$218.00 (est.)</p>
Program Related Supplies	Semester 1 – \$672.64 (est.) <ul style="list-style-type: none"> • FITKIT <i>(purchase from College Bookstore)</i> • Polo or Pullover Shirt with Name and Logo <i>(purchase from College Bookstore)</i> • Workout Clothing • Good Athletic Shoes

	Optional <ul style="list-style-type: none"> • Stethoscope • Blood Pressure Cuff
Miscellaneous Supplies	Approx. \$50.00 per semester
KPI Employment Rate	Not available at this time.
Typical Employment	Fitness and Health Promotion is an increasingly popular health field. As the health of our population continues to decline the need for prevention and promotion of healthy lifestyles increases. As a Fitness and Health Promotion graduate you will have the skills to assess, motivate, educate and train the population and you will be situated to move quickly into this advancing field of employment.
Employment Titles	This diploma program will position you to find employment as a personal trainer, health coach, group fitness and activity leader in public and private healthy active living clubs/ agencies (fitness and recreation), workplace fitness programs and the fitness industry.
Type of Certification	Ontario College Diploma
Program Description	<p>Our program will provide you with the skills to safely assess, design, implement and evaluate personal, group and community fitness and health promotion programs. It will also instill the communication and leadership skills in you to facilitate and coach these programs. You will also learn how you can be a key motivator to helping others reach goals they never thought they would achieve.</p> <p>Students receive over 300 hours of supervised fieldwork experience in a variety of educational, public and private organizations. Students will learn through hands-on experience and solid theoretical training delivered by experienced, knowledgeable and creative faculty.</p> <p>In addition, as part of the program, qualified students may have the opportunity to earn nationally recognized industry certifications subject to membership fees and requirements that are the responsibility of the student/graduate pursuing the certification.</p> <ul style="list-style-type: none"> • Canadian Society of Exercise Physiology Certified Personal Trainer (CSEP-CPT) • Ontario Fitness Council Personal Trainer • Ontario Fitness Council Group Fitness Trainer • canfitpro Personal Trainer Specialist and Fitness Instructor Specialist (PTS, FIS) <p>Graduates can also pursue appealing opportunities to bridge their Fitness and Health Promotion diploma to a University Degree.</p> <p>Note: Since many of our placement agencies have varied work schedules, students must be prepared to attend clinical placement hours as assigned. This may consist of days, evenings and/or weekends.</p>
Entrance Requirements	<p>Ontario Secondary School diploma with Grade 12 English (C or U) and at least one of the following senior sciences: Grade 11 Biology or Physics (C) or Grade 12 Chemistry (C) or Grade 12 (U) Exercise Science, OR Mature Student Status.</p> <p>Note: Mature students are advised to contact the Registrar's Office for further information regarding admission.</p>
Other Information	<p>For more information visit the Sault College website http://www.saultcollege.ca/Programs or contact:</p> <p>Lisa Maida Coordinator, at 705-759-2554, Ext. 2629 lisa.maida@saultcollege.ca .</p> <p>Marcie Logan, Academic Assistant Health Programs, at 705-759-2554, Ext. 2689 marcie.logan@saultcollege.ca</p>