

Ontario College Diploma (2 Years - 4 Semesters ) (3040)

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Image: Sault

## PROGRAM OVERVIEW

### **Fitness and Health Promotion gets an A+ in student satisfaction at 95.7%!**

Students at Sault College will now have an opportunity to attend the University of Wales Trinity Saint David. Located on the Carmarthen Campus in the United Kingdom, Fitness and Health Promotion students will have the opportunity to transfer their credits to the University of Wales to receive a BSc (Hons) degree in Personal Training. The University is part of a growing industry of educators with over 160 years of experience in offering physical education.

Sophie D'Agostino is a recent graduate of Sault College's Fitness and Health Promotion Program who is currently pursuing the transfer degree at the University of Wales Trinity Saint David.

I was originally planning to go away to an Ontario University to complete my Bachelor's Degree with my Fitness and Health Promotion Diploma from Sault College. This would normally take three years to complete. When I found out that I would be able to complete my Bachelor's Degree in one year at the University of Wales Trinity Saint David, I was ecstatic! This is a once-in-a-life-time opportunity to get out there and explore the world while getting my degree. There was no way I could let an amazing opportunity like this pass me by.

Do you see yourself as someone who enjoys helping others succeed? Do areas like fitness, healthy living and inspiring others to go that extra mile interest you? If so, Fitness and Health Promotion is for you. 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.

Study here, and you'll learn how you can be a key motivator to helping others reach goals they never thought they'd achieve.

- Students receive over 400 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
- As a graduate you can pursue varied employment opportunities as this field has increased popularity with government, public and private organizations
- Graduates will have the knowledge to seek personal training certification through the Canadian Society of Exercise Physiologists (CSEP-CPT) subject to membership fees and requirements that are the responsibility of the student / graduate pursuing the certification
- Graduates can pursue appealing opportunities to bridge their Fitness and Health Promotion diploma to a University Degree

In addition, as part of the program, qualified students may have the opportunity to earn nationally recognised industry certifications (subject to additional fees and successful completion of examinations).

## PROGRAM OUTCOMES

***A graduate of the Fitness and Health Promotion Program at Sault College will reliably demonstrate the***

**ability to:**

1. conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.
2. prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.
3. utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.
4. collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and wellbeing.
5. develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.
6. train individuals and instruct groups in exercise and physical activities.
7. contribute to community health promotion strategies.
8. assist in the development of business plans for health and fitness programs, activities, and facilities.
9. implement strategies and plans for ongoing personal and professional growth and development.
10. develop and implement risk management strategies for health and fitness programs, activities, and facilities.
11. interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities.

**Reference**

Ministry of Training, Colleges and Universities Fitness and Health Promotion Program Standards (MTCU 52209), August 2003

**ADMISSIONS****MINIMUM ACADEMIC REQUIREMENTS**

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.

**ACADEMIC RECOMMENDATIONS**

In order to help you to make a decision about a career in Fitness and Health Promotion, we recommend that you complete Grade 12 Healthy Active Living Education and/or Exercise Science courses. A keen interest in leadership is also an asset.

**CAREER PATHS**

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.

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.

Opportunities exist for graduates to pursue a University education (subject to grade requirements):

- Bachelor of Science in Exercise Science at Lake Superior State University
- Bachelor of Science in Kinesiology at University of Guelph-Humber
- Bachelor of Health Science in Kinesiology at the University of Ontario Institute of Technology.

## CLINICAL/LAB OR FIELD PLACEMENTS

During the four semesters of this program, you will be able to gain valuable work experience and practically apply what you learn in class by visiting and working in private clubs, fitness facilities, schools and other organizations.

To learn and work in these areas, you'll need to complete and bring in certain forms at least two weeks before being scheduled to start your field work. Information regarding the requirements you will need will be sent to you once you apply to and are accepted into the program. Without completing the forms and submitting the forms to us in time, you will not be able to do your field work.

You will also need to complete a criminal record check with vulnerable sector search prior to commencing placement as you will be working with vulnerable populations during your placements. There is a cost to having this done, and we can let you know more about it once you get here and begin your studies.

You will also complete a health assessment form that will also be sent to you once you apply and are accepted into the program which you will need to complete and bring to the College's Health Centre.

**The Health Assessment Form needs to have the following:**

**Required:**

Valid and current two step TB test

**You will also need to show that you have completed:**

- First Aid Certificate and CPR Level C
- WHMIS (Workplace Hazardous Materials Information System)

There is a cost to taking some of these tests, and you will have to pay for these. Finally, you will need to have a G.P.A. of 2.0 or higher in order to be considered for placement.

## OTHER INFORMATION

For more information contact Lisa Maidra at 705.759.2554, ext 2629 or email [lisa.maidra@saultcollege.ca](mailto:lisa.maidra@saultcollege.ca).

## PROGRAM OF STUDY

### SEMESTER 1

CMM110-3 College Communication Skills

FIT101-3 Interpersonal Communication and Helping Skills in Fitness

FIT107-3 Functional Anatomy

FIT108-3 Personal Wellness and Lifestyle Change

FIT109-3 Leadership I - Healthy Active Living for Children and Youth  
OPA104-4 Human Movement  
PNG111-3 Anatomy and Physiology I  
PSY120-3 Lifespan Development

## **SEMESTER 2**

FIT151-3 Group Fitness  
FIT153-4 Leadership II - Healthy Active Living for Adults  
FIT154-3 Research and Trends in Wellness  
FIT155-3 Applied Exercise Physiology I  
FIT156-3 Fitness Assessments I  
NTR101-3 Sport Nutrition  
PNG121-3 Anatomy and Physiology II  
GEN100-3 Global Citizenship

## **SEMESTER 3**

FIT202-3 Health Promotion I - The Foundations of Health Promotion  
FIT203-3 Prevention and Management of Injury  
FIT204-5 Leadership III- Healthy Active Living - Special Populations  
FIT206-3 Applied Exercise Physiology II  
FIT207-3 Fitness Assessments II

### ***Select one of the following:***

*GAS101: Rituals, Idols and Controversies in Sports*

*GAS103: What in the World is Going On?*

*GAS109: Music and Pop Culture*

*GAS116: Your Two Cents*

*GEN110: Student Selected General Education*

*HDG122: Personal and Academic Success Strategies*

*SSC102: Introduction to Aboriginal Peoples of Canada*

**Note:** \*Students must choose one of the identified Student Selected General Education Courses

## **SEMESTER 4**

FIT205-4 The Business of Fitness  
FIT251-4 Exercise Prescription  
FIT252-4 Health Promotion II - Community Mobilization  
FIT254-1 Career Preparation  
FIT255-18 Consolidating Field Placement

## **Course Descriptions**

### **Semester 1**

#### **College Communication Skills (CMM110) (3 credits)**

This course is designed to help students develop the skills necessary to communicate effectively in their programs and at the college level. Students will think critically to capture the meaning of messages and respond appropriately; produce coherent, clear paragraphs and essays; and purposefully research and responsibly integrate credible sources into their own writing. Emphasis is placed on the writing process, from planning to revising, while providing opportunities to explore various modes of communication.

#### **Interpersonal Communication and Helping Skills in Fitness (FIT101) (3 credits)**

In this course students will learn the interpersonal communication skills necessary to become effective

communicators in the fitness and health promotion fields. Students will develop the skills required to be effective when helping individuals to make healthy lifestyle changes. Students will also develop motivational techniques to increase client adherence. Effective interviewing will also be practised and applied to appropriate workplace scenarios. The helping relationship and qualities that enhance this relationship will be discussed and practised.

### **Functional Anatomy (FIT107) (3 credits)**

This course examines the relationship between structure and function of the musculoskeletal system. The basic composition and function of the musculoskeletal system will be studied. The student will gain knowledge of the skeletal system and well as names, attachments and actions of the primary muscle groups. Application of musculoskeletal movement will be practiced through practical experience studying various exercises.

### **Personal Wellness and Lifestyle Change (FIT108) (3 credits)**

This course will introduce and provide practical application of the concepts of wellness, fitness and lifestyle management. Emphasis will be placed on taking control of individual health and lifestyle habits so that the student can understand the choices and effort necessary to take responsibility for health and well being. Through examination of personal lifestyle and health behaviours the students will gain the understanding necessary to apply these health promoting skills to others.

### **Leadership I - Healthy Active Living for Children and Youth (FIT109) (3 credits)**

Students will develop effective leadership skills to design and implement age-appropriate physical activity programs for children and youth. Students will explore current research of active living as it applies to children and youth to create programs that will improve the physical fitness, health and well-being of this age group. Barriers to physical activity for children and youth and the necessity of supportive environments will be investigated. Leadership skills will be developed through various practical experiences.

### **Human Movement (OPA104) (4 credits)**

This course will provide the student with a foundation in the principles of normal functional human movement. Essential terminology and concepts related to normal human movement, the articular system, components of movement, biomechanics, motor development and skill acquisition will be introduced. In addition, students will develop an understanding of normal growth and motor development, posture, balance, and body mechanics.

### **Anatomy and Physiology I (PNG111) (3 credits)**

This course introduces the learner to the normal development, structures and functions of the human body. The learner will examine the physiological components of the human body, in order to obtain knowledge and understanding about how the structures and functions of the body are related.

### **Lifespan Development (PSY120) (3 credits)**

The purpose of this lifespan development course is to examine the interrelationship of the biopsychosocial aspects of ages and stages from birth to late adulthood. Developmental psychology is the study of the processes that shape human development. The goals of studying life span development are description, explanation and optimization of human development throughout a persons entire life. Students will study the interaction between cultural, social and historical impacts and biological maturation to gain a holistic understanding of human development. In addition, to studying human development in a systematic way, students will gain a personal understanding of their own lives in the context of lifespan development.

## **Semester 2**

**Group Fitness (FIT151) (3 credits)**

In this course the learner will identify, explain and demonstrate the necessary elements of a group exercise class. Students will learn the skills necessary to effectively design and safely implement and lead a group fitness class. Skills will be mastered through practice teaching, peer and instructor evaluation, and participating in various community group fitness class settings.

**Leadership II - Healthy Active Living for Adults (FIT153) (4 credits)**

The student will gain an understanding of adult human behaviour as it relates to initiating and adhering to healthy lifestyle changes. Several phases of adulthood will be defined and analyzed with special emphasis being placed on the role that healthy active living can play on improving the well-being of adults as they age. The role of supportive family and workplace environments will be explored as necessary components of a healthy active lifestyle for the adult. Through study and practical experience, the student will learn effective leadership techniques to design, conduct, and evaluate various purposeful physical activity sessions and active living presentations for adults. Students will investigate and participate in a variety of community active living leadership opportunities within private and community fitness facilities.

**Research and Trends in Wellness (FIT154) (3 credits)**

Students will learn to critically examine the latest research and trends in the rapidly-changing fitness and health promotion industry. Through discussion and independent study the students will learn to assess evidence based information and industry fads. Group and individual presentation of findings will assist students in developing their practical health promotion skills.

**Applied Exercise Physiology I (FIT155) (3 credits)**

This course is the first part of a two part series (Applied Exercise Physiology I and II). This course examines the physiological adaptations that take place within the human body during exercise and work including the muscular, nervous, endocrine, cardiovascular and respiratory systems. Bioenergetics and physiological adaptations to training will also be discussed.

**Fitness Assessments I (FIT156) (3 credits)**

This course is the first part of a two part series (Fitness Assessments I and II). This course will familiarize students with a variety of fitness assessments used to determine a persons cardiovascular capacity, muscular strength and endurance, body composition, and flexibility. Baseline testing such as blood pressure and heart rate readings will also be practiced. CSEP-PATH concepts will be introduced in this course to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction, cuing and providing feedback to the client.

**Sport Nutrition (NTR101) (3 credits)**

In this course, students will gain an appreciation for the effects of nutrition on physical activity and athletic performance. Students will examine the functions, sources and utilization of the specific nutrients in the body with emphasis on the health and performance implications for the physically active individual. The course will also examine various dietary supplements and food drugs and their effects on health and athletic performance. Students will gain an understanding of energy pathways in the body and the concepts of body composition and weight control. Students will compare popular dietary trends, complete a dietary assessment and research various performance enhancing supplements in order to critically assess their value in fitness and athletic performance.

**Anatomy and Physiology II (PNG121) (3 credits)**

This course is a continuation of Anatomy and Physiology I and will further examine the relationship of body structures and their functions. Understanding of the remaining body systems will provide you with knowledge and understanding about how these systems work together to carry on complex functions within the human body.

**Global Citizenship (GEN100) (3 credits)**

The world we are living in is one in which local, national and international issues are interwoven, and the need for us to understand the impact these issues can have on our lives has never been greater! Using a socio-cultural, political and environmental lens, students will view how the world is changing and how to become active agents of change from the local to international level. Important issues such as social injustice, poverty, environmental protection, resource scarcity, sustainability, and health will be addressed. Global citizenship is an opportunity to `Be the Change`. This course meets the Civic Life and Social and Cultural Understanding General Education themes.

**Semester 3****Health Promotion I - The Foundations of Health Promotion (FIT202) (3 credits)**

This is the first course in a two course series (Health Promotion I and Health Promotion II). In this course, the theories and strategies of health promotion and their impact on society will be investigated. The student will be able to explain key health promotion definitions and concepts that provide the framework for health promotion application. Examination of the advancement of health promotion internationally, nationally, provincially and at the municipal level will be conducted. The student will examine social marketing and conduct an audience analysis to be used in the development of a health promotion campaign to be conducted in Health Promotion II.

**Prevention and Management of Injury (FIT203) (3 credits)**

This course explores risk factors involved with regular exercise, and sport and exercise specific injuries. Basic first aid principles will be reviewed in relation to athletic injuries as well as the physiological cause and appropriate prevention techniques to prevent reoccurrence. The role of the athletic trainer or personal trainer when considering athletic equipment, playing surfaces and environmental factors such as heat and cold, and a variety of charting methods for client records will be included. This course will have both theory and applied components so students will gain practical knowledge along with their theory base.

**Leadership III- Healthy Active Living - Special Populations (FIT204) (5 credits)**

This course will provide students with the ability to identify special populations and modify variables to facilitate those with distinctive needs, cultural diversity and medical conditions to experience healthy active living. Characteristics of the athlete and effective leadership techniques for this special population will be addressed as well. Students will apply knowledge gained through study and practical experience to design, lead, evaluate and participate in a variety of activity sessions for diverse populations within the college setting and community.

**Applied Exercise Physiology II (FIT206) (3 credits)**

This course is the second part of a two part series (Applied Exercise Physiology I and II). This course applies concepts learned in Applied Exercise Physiology I to how various environments, including hot, cold and altitude, affect exercise and sport. It also applies concepts to how participation in exercise and sport affects various age groups and both genders. How ergogenic aids and common medications affect exercise will also be examined.

**Fitness Assessments II (FIT207) (3 credits)**

This course is the second part of a two part series (Fitness Assessments I and II). This course will further build upon the skills and concepts learned in Fitness Assessments I. Students will also develop an understanding of skill-related assessments to determine a persons speed, balance, coordination, power, and agility and assessments to determine functional mobility and muscle balance. The concepts of advanced assessments such as VO2 max testing will be introduced. CSEP-PATH concepts and skills will be enhanced to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction,

cuing and providing feedback to the client.

#### **Rituals, Idols and Controversies in Sports (GAS101) (3 credits)**

This course gives students the opportunity to examine the many rituals, idols, and controversies surrounding the world of sports. Students will debate, discuss, and present a variety of popular topics in sports such as athlete salaries, performance-enhancing drugs and athlete product endorsement. This course will explore the impact these issues have on social and cultural aspects of human behaviour.

#### **What in the World is Going On? (GAS103) (3 credits)**

This course will give you the opportunity to build a strong awareness of current global issues. You will explore various media such as radio, TV, Internet, newspaper, and magazines. Through discussions, debates, and presentations, students will focus on the main international headlines. Students will discover and develop a view of and understanding of the impact of events related to music, entertainment, fashion, sports, politics, economics, world issues, and human-interest stories.

#### **Music and Pop Culture (GAS109) (3 credits)**

This course will give students the opportunity to think creatively and critically about the influence of popular music. Students will explore different music genres (rock, metal, hip hop, and rap), their development and social significance. Students may explore music in film, commercials, war and protest, social and civil rights movements, and the contributions of specific artists to contemporary culture. The ways in which popular music has contributed to the current culture and, in turn, how culture has shaped popular music will be examined.

#### **Your Two Cents (GAS116) (3 credits)**

No matter one's lifestyle, income, or background, each person has experienced and developed practices to how we relate to money. This course explores our relationship and personal understanding with money, and its place and value in our culture and individual lives.

#### **Student Selected General Education (GEN110) (3 credits)**

For Transfer Credit Purposes only.

#### **Personal and Academic Success Strategies (HDG122) (3 credits)**

This course will prepare you for the rigors of academic life and enable you to develop a personal profile for college and career success. The main focus of this course will include accepting personal responsibility, discovering self-motivation, mastering self-management, employing interdependence, gaining self-awareness, adopting lifelong learning, and developing emotional intelligence. In addition, you will develop and produce a 'Personal Profile' that will identify your personal learning style, communication style, and personality style to enable you to achieve success in learning about, understanding, and choosing the courses and careers that will lead to personal and professional satisfaction.

#### **Introduction to Aboriginal Peoples of Canada (SSC102) (3 credits)**

This course will provide participants with an introduction to the history and cultural survival of Canada's Aboriginal people. Aboriginal worldview will be identified and discussed in both historical and modern perspectives. Students will review colonization, government policies and legislation, which provide a foundation for understanding modern Aboriginal life in Canada.

### **Semester 4**

#### **The Business of Fitness (FIT205) (4 credits)**

In this course, the student will investigate the fitness industry, the career opportunities, associated risks and effective management of programs, facilities and personal training businesses. Fundamental business principles of daily management of facilities and programs will be applied to the fitness industry. Practical experience will involve conducting basic market research and development of a customer service-oriented marketing plan. Facility tours and guest lecturers will enhance learning experiences.



**Exercise Prescription (FIT251) (4 credits)**

This course gives the student the theory and practical knowledge required to design individual training and lifestyle programs tailored to the clients needs and wants. Topics covered include: client assessment and interviews, exercise monitoring, and program design for cardiovascular fitness, strength training, endurance training, flexibility, and weight loss and weight control. Students will gain practical experience through training a client.

**Health Promotion II - Community Mobilization (FIT252) (4 credits)**

The learner will interpret, apply and evaluate health promotion strategies for a variety of situations, including schools, workplaces, health service organizations and entire communities. This course will provide the student with the knowledge of resources and networking opportunities available to create and message a successful health promotion campaign. The student, through analysis of a target market (identified in Health Promotion I) will develop an appropriate health promotion intervention to encourage communities to take personal responsibility for their health.

**Career Preparation (FIT254) (1 credits)**

This course is designed to prepare students for entry into the professional business of fitness and health promotion. Emphasis is placed on strengthening resume writing, interviewing and employability skills. General professional issues will also be reviewed and discussed. Plans for ongoing personal and professional growth and development will be examined and the student will clarify their own professional philosophy and role in the health, fitness and well-being field of practice.

**Consolidating Field Placement (FIT255) (18 credits)**

This course is the consolidating practicum for the Fitness and Health Promotion program. Students will be placed in a community setting where, under supervision; they will carry out duties as defined by the student, the agency supervisor and the program faculty. The goal of practicum is to provide the students the opportunity to apply the knowledge, skills and values at an entry level position in the field of health promotion and fitness. Students will meet the outcomes of the course within a 270 hour framework.