Postsecondary Destination

Sault College

Fitness & Health Promotion
2 Years (4 Semesters)

Grade 11 and Grade 12

Minimum Academic Admission Requirements

- Biology
  SBI3C

- English
  College ENG4C

* If a student does not meet the above requirements, or is seeking a stronger foundation, he or she may enroll in Pre-Health Sciences to prepare for a successful transition into the Fitness and Health Promotion program.

Suggested Courses in Related Subject Areas

**Grade 11**

- Health Care Fundamentals
  TPJ3M/3C

- Personal Fitness & Wellness
  PAF3O

**Grade 12**

- Recreation & Fitness Leadership
  PLF4C
  * Highly recommended

- Exercise Science
  PSE4U
  * Highly recommended

- Food & Nutrition Sciences
  HFA4M