

Fitness & Health Promotion

Grade 11 and Grade 12

Postsecondary
Destination

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.

Sault College

**Fitness & Health
Promotion**
2 Years
(4 Semesters)

Grade 11

Grade 12

Suggested Courses in Related Subject Areas

Health Care
Fundamentals
TPJ3M/3C

Personal Fitness &
Wellness
PAF3O

Recreation & Fitness
Leadership
PLF4C
* Highly recommended

Exercise Science
PSE4U
* Highly recommended

Food & Nutrition
Sciences
HFA4M