



ADMISSION REQUIREMENTS

Required Academic Preparation

- OSSD/OSSGD or equivalent with courses at the general, advanced, (C), (U) or (M) level with Grade 11 or 12 Biology, Chemistry or Kinesiology, and
- Grade 12 English (C) level or equivalent
- OR
- Mature applicant (see loyalistcollege.com)

Additional Requirements

- A formal, confidential personal health history and up-to-date immunization are required as part of the registration process
- Standard First Aid and Level "C" CPR certification
- Criminal Record Check (Vulnerable Sector Check may also be required)
- For more information and additional requirements please see loyalistcollege.com

Recommended Academic Preparation

- Sciences and mathematics
- Applicants with a baccalaureate degree focusing on exercise sciences may be eligible for direct entry into Year Two

DIPLOMA TO DEGREE OPTIONS

Earn credit recognition at these institutions, or contact your university of choice to make individual arrangements. New agreements are added annually; visit loyalistcollege.com for the latest details.

Algoma University College

Athabasca University – Bachelor of Professional Arts:

Human Services Brock University

Davenport University – Bachelor of Sport Management

Griffith University

Laurentian University

University of Guelph – Bachelor of Applied Science (Honours)

in Kinesiology

University of Ontario Institute of Technology – Bachelor of Science

(Honours) in Kinesiology

LOYALIST

LOYALIST COLLEGE

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loyalistcollege.com



FAHP FITNESS AND HEALTH PROMOTION



FITNESS AND HEALTH PROMOTION

Contact: fahp@loyalistc.on.ca

PROGRAM LENGTH

Two-Year Ontario College Diploma

HIGHLIGHTS

- Train and teach in Loyalist's newly renovated on-campus fitness centre
- Gain 320 hours of on-the-job experience in two field placements while you study
- Together with the Canadian Society for Exercise Physiology (CSEP), Loyalist faculty participated in the development of a new national standard for personal training. Through the program, you can earn industry-recognized certifications from High 5 and CSEP – Certified Personal Trainer (CPT)
- Expand your qualifications by completing a double diploma in Recreation and Leisure Services in just one additional year

CAREER OPPORTUNITIES

- A career in fitness and health promotion appeals to individuals with a commitment to a healthy lifestyle and an interest in motivating others to achieve their goals
- Qualified personal trainers and fitness instructors find varied and interesting opportunities working in health clubs, corporate fitness centres, community recreation centres, military bases, penitentiaries, cruise ships and resort destinations
- Graduates are prepared to work with individuals and groups, to participate in community health promotion strategies, or to pursue self-employment

PROGRAM DESCRIPTION

- Through classroom instruction and training in our expanded and newly renovated fitness centre, students will develop the confidence and expertise to design and implement both individual and group fitness programs
- Learn to accurately assess health and fitness levels; evaluate progress; and develop exercise prescriptions tailored to meet the interests and lifestyle goals of every client
- Experienced faculty provide a solid foundation for health promotion with courses in anatomy, kinesiology, physiology, nutrition and chronic disease prevention
- Complementary instruction in programming and customer service ensures that graduates enter the workforce with a well-rounded set of skills
- Because placements are scheduled at the end of classes, many students graduate into a job

APPROXIMATE COSTS (2013-2014)

Domestic Tuition/Ancillary Fees: \$3,659 (two semesters)

Consumables Fee: \$65

Books and Supplies: \$1,450

Additional fees may be charged for supply kits, overnight field trips, uniforms, course/testing fees as applicable. Additional costs, such as travel and parking, may be incurred during placements



OUR GRADS GET GREAT JOBS

Canadian Forces Base

– Fitness and Sports Instructor

City of Brampton – Fitness Programmer

Granite Club – Fitness Consultant

YMCA – Personal Fitness Trainer

GoodLife Fitness – General Manager

Percentage of 2011-12 grads working:* 100%

*Source: KPI Survey 2012 (Forum Research Inc. for Ministry of Training, Colleges and Universities)

