

Area of Interest: Health Sciences

## Fitness and Health Promotion

Ontario College Diploma

Program Code: 3010X01FWO

2 Years

Ottawa Campus

### Our Program

#### Helping others achieve a healthy lifestyle.

The two-year Fitness and Health Promotion Ontario College Diploma program prepares you to perform the roles and responsibilities of fitness and health consultants who plan, promote and deliver a wide variety of services. These include activity and educational programs that enhance the health, fitness and well-being of individuals and groups in diverse settings.

In this program, you learn the skills and knowledge to live a fit and healthy lifestyle, which, in turn, allows you to help others achieve their own health and lifestyle goals. You prepare to meet the demands of an evolving, multi-dimensional market for fitness, wellness and health promotion service provision.

Field placements in the program provide industry experience. These varied placements allow you to apply the skills and knowledge gained in classes to a workplace setting, as well as gain exposure to potential employers and add to your overall marketability and employability after graduation.

This program prepares you to challenge certification exams in group fitness and personal training including those offered by canfitpro™ and the Canadian Society for Exercise Physiology (CSEP). You are also prepared to pursue other certifications in group fitness and personal training nationally and internationally.

Upon graduating, you may find employment in the fitness industry in a variety of settings. These may include:

- fitness and health clubs (both corporately or privately owned)
- non-profit and community organizations
- public, municipal or institutional fitness and recreation centres
- corporate employer fitness facilities, private fitness studios
- sports specialty training facilities and camps
- allied health and alternative health clinics

Additionally, you may choose to become a consultant or business entrepreneur offering private in-person or online personal training and coaching services.

### Employment

Graduates may find employment as personal trainers, fitness instructors, program coordinators, activity coordinators, exercise specialists, rehabilitation assistants, health promoters. In addition, graduates may choose to become consultants or business entrepreneurs.

### Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Conduct an assessment of the physical fitness, activity level and lifestyle of the client using

- Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
- Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.
- Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
- Select and apply interview tools and coaching strategies that will enable clients and groups to improve their fitness, and wellness in sustainable ways.
- Develop business plans for a fitness and/or training business organization to ensure sustainability and viability while mitigating risks.
- Support community health promotion strategies for active healthy living in the general population.
- Establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities.
- Provide positive reinforcement to empower clients and help them sustain their efforts.
- Develop plans and implement strategies for ongoing professional growth and development.
- Communicate information persuasively and accurately in oral, written, and other media formats.
- Identify and apply discipline-specific practices that contribute to the local and global community through social responsibility, economic commitment and environmental stewardship.

### Program of Study

Level: 01	Courses	Hours
ENL1813S	Communications 1	42.0
FIT2212	Introduction to Fitness/Wellness	56.0
FIT2215	Physiology	42.0
FIT2217	Anatomy	42.0
FIT2219	Field Preparation	28.0
FIT2224	Group Training 1	42.0
FIT2227	Technology in Fitness	28.0
MGT8100	Career and College Success Skills	42.0
Level: 02	Courses	Hours
ENL1832C	Report Writing for Recreation	42.0
FIT0014	Nutrition	42.0
FIT0017	Applied Anatomy	28.0
FIT2222	Mechanics of Exercise	56.0

FIT2225	Exercise Physiology	42.0
FIT2229	Field Placement 1	45.0
FIT2233	Group Training 2	42.0
<b>Choose one from equivalencies: Courses</b>		<b>Hours</b>
GED3010	General Education Elective	42.0
<b>Level: 03</b>		<b>Hours</b>
<b>Courses</b>		
FIT0020	Fitness Operations	24.0
FIT0027	Personal Training Fundamentals	48.0
FIT0043	Fitness Management Customer Service	24.0
FIT2220	Fitness Assessment	36.0
FIT2230	Athletic Injuries	48.0
FIT2235	Career Planning and Professional Development	24.0
FIT2236P	Field Placement 2	72.0
<b>Choose one from equivalencies: Courses</b>		<b>Hours</b>
GED3010	General Education Elective	42.0
<b>Level: 04</b>		<b>Hours</b>
<b>Courses</b>		
FIT0028	Industry Trends	30.0
FIT0037	Personal Training Application	40.0
FIT0042	Fitness Business Management	30.0
FIT2239	Field Placement 3	130.0
FIT2240	Programming for Diverse Populations	40.0
FIT2244	Health and Wellness Promotions	30.0

## Fees for the 2025/2026 Academic Year

Tuition and related ancillary fees for this program can be viewed by using the Tuition and Fees Estimator tool at <http://www.algonquincollege.com/fee-estimator>

Further information on fees can be found by visiting the Registrar's Office website at <http://www.algonquincollege.com/ro>

Additional program related expenses include:

Books, supplies and optional project materials cost approximately \$600 per term. Supplies can be purchased at the campus store.

## Admission Requirements for the 2026/2027 Academic Year

### College Eligibility

- Ontario Secondary School Diploma (OSSD) or equivalent; OR
- Mature Student status (19 years of age or older and without a high school diploma at the

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**Program Eligibility**

- English, Grade 12 (ENG4C or equivalent) with a grade of 65% or higher.
- Biology, Grade 11 or 12 or Chemistry, Grade 11 or 12 or Physics, Grade 11 or 12 or Health and Physical Education, Grade 12(PLF4C,PSK4U,PPL4O,PAF40 or Equivalent)
- Applicants with international transcripts must provide proof of the subject specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International Credential Assessment Service of Canada (ICAS) or World Education Services (WES).
- IELTS-International English Language Testing Service (Academic) Overall band of 6.5 with a minimum of 6.0 in each band; OR TOEFL-Internet-based (iBT)-overall 88, with a minimum of 22 in each component: Reading 22; Listening 22; Speaking 22; Writing; 22; OR Duolingo English Test (DET) Overall 120, minimum of 120 in Literacy and no score below 105.

Should the number of qualified applicants exceed the number of available places, applicants will be selected on the basis of their proficiency in English, and Biology or Chemistry or Health and Physical Education.

**Admission Requirements for 2025/2026 Academic Year****College Eligibility**

- Ontario Secondary School Diploma (OSSD) or equivalent. Applicants with an OSSD showing senior English and/or Mathematics courses at the Basic Level, or with Workplace or Open courses, will be tested to determine their eligibility for admission; OR
- Academic and Career Entrance (ACE) certificate; OR
- General Educational Development (GED) certificate; OR
- Mature Student status (19 years of age or older and without a high school diploma at the start of the program). Eligibility may be determined by academic achievement testing for which a fee will be charged.

**Program Eligibility**

- English, Grade 12 (ENG4C or equivalent) with a grade of 65% or higher.
- Biology, Grade 11 or 12 or Chemistry, Grade 11 or 12 or Physics, Grade 11 or 12 or Health and Physical Education, Grade 12 (PLF4C, PSK4U, PPL4O, PAF40 or Equivalent)
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- Not sure if you meet all of the requirements? Academic Upgrading may be able to help with that: <https://www.algonquincollege.com/access/> .

Should the number of qualified applicants exceed the number of available places, applicants will be selected on the basis of their proficiency in English, and Biology or Chemistry or Health and Physical Education.

**Application Information**

**FITNESS AND HEALTH PROMOTION**  
**Program Code 3010X01FWO**

Applications to full-time day programs must be submitted with official transcripts showing completion of the academic admission requirements through:

ontariocolleges.ca  
60 Corporate Court  
Guelph, Ontario N1G 5J3  
1-888-892-2228

Students currently enrolled in an Ontario secondary school should notify their Guidance Office prior to their online application at <http://www.ontariocolleges.ca/>

Applications for Fall Term and Winter Term admission received by February 1 will be given equal consideration. Applications received after February 1 will be processed on a first-come, first-served basis as long as places are available.

International applicants please visit this link for application process information:  
<https://algonquincollege.my.site.com/myac360/s/self-registration-page> .

For further information on the admissions process, contact:

Registrar's Office  
Algonquin College  
1385 Woodroffe Ave  
Ottawa, ON K2G 1V8

Contact: <https://www.algonquincollege.com/ro>

**Additional Information**

Active participation in lab components is an expected part of this program.

Courses are delivered in a variety of formats including face-to-face in a classroom, hybrid (combination of classroom and online learning) and online. Students participate in all three types of learning. Students also participate in laboratory and field placement learning activities. Mandatory field placements and course-related projects may be scheduled outside of regular class hours.

**Clear Police Records Check Documentation:**

Though not an admission requirement, applicants must note important information listed below regarding Police Records Check program requirements.

Students must provide the College with a current (within one year), clear Police Records Check (PRC) prior to the deadline identified by the department and students are responsible for any associated costs. If the documentation is not submitted on time, students may not be placed and registration in the program will be jeopardized. If you register in the program without a clear PRC and as a result are unable to participate in placement, you will not be able to graduate and will be asked to withdraw.

**Field Placement Eligibility:**

Field placements occur three times during the program.

Hospital and Field Placements/Outreach require Health and Safety, WHMIS and OWSHA training. There are additional costs associated with training that should be anticipated by students which are not covered by tuition fees.

To be eligible for placement, you must submit proof of Standard First Aid certification, CPR/AED level C, a clear Police Record Check (within the last year) and complete immunizations (if required by the placement agency) through ParaMed and pay associated costs. ParaMed services are the third-party provider who collects all field placement documentation for the School of Health and Community Studies.

**Program Progression:**

As per policy AA39: Program Progression and Graduation Requirements when students are admitted to a program, they are assigned to the Program of Study that aligns with their start date. If a student takes a break for two or more consecutive terms the Program of Study is reset to align with the current version (when studies are resumed).

**Academic Probation:**

Students who have two or more F grades in a given term or whose term grade point average falls below 1.7 are on academic probation (Policy AA14 Grading System). This requires the student to meet with their program coordinator or their Student Advisor to sign a learning contract which identifies the conditions which must be met to continue in the program. Students who do not meet the terms of their learning contract are withdrawn from the program.

**Prior Learning Assessment and Recognition (PLAR):**

Students who wish to apply for PLAR need to demonstrate competency at a post-secondary level in all of the course learning requirements. Evidence of learning achievements for PLAR candidates may include a comprehensive.

**Contact Information****Program Coordinator(s)**

- Jill Peck, <mailto:peckj@algonquincollege.com> , 613-727-4723, ext. 7114
- Renee-Pierre Tremblay, <mailto:tremblr@algonquincollege.com> , 613-727-4723, ext. 6333

**Course Descriptions****ENL1813S Communications 1**

Communication remains an essential skill sought by employers, regardless of discipline or field of study. Using a practical, vocation-oriented approach, students focus on meeting the requirements of effective communication. Through a combination of lectures, exercises, and independent learning, students practise writing, speaking, reading, listening, locating and documenting information and using technology to communicate professionally. Students develop and strengthen communication skills that contribute to success in both educational and workplace environments.

Prerequisite(s): none  
Corerequisite(s):none

**ENL1832C Report Writing for Recreation**

Clear, concise and accurate reporting skills are essential for effective and efficient record keeping and project planning. Students work independently and in groups to research, organize and produce written and oral reports, specific to recreation and fitness requirements, according to appropriate business standards.

Prerequisite(s): ENL1813S  
Corerequisite(s):none

**FIT0014 Nutrition**

The exercise leader is provided with a fundamental background in nutrition as it relates to a healthy lifestyle, optimal health and peak performance. Topics include the major nutrients, food labeling, fluid and electrolyte balance, antioxidants and phytochemicals, weight management, vitamins and minerals and how each affects wellness and performance. Current nutritional trends relevant to the fitness industry are introduced.

Prerequisite(s): none  
Corerequisite(s):none

**FIT0017 Applied Anatomy**

As a continuation of FIT2217, students apply their knowledge of the human musculoskeletal system to exercise in small group approach. Moving beyond muscle attachments and joint actions, students focus on palpation of bone, joint and muscular structures along with muscle testing and joint ranges of motion.

Prerequisite(s): FIT2217  
Corerequisite(s):none

**FIT0020 Fitness Operations**

The safety and effectiveness of a fitness facility is strengthened when standardized guidelines are followed. Students gain knowledge and experience in the areas of facility layout and design, risk management, human resource management and other organizational structures via case studies, projects, assignments and group discussions.

Prerequisite(s): none  
Corerequisite(s):none

**FIT0027 Personal Training Fundamentals**

Through theory and practical classes, students learn to design safe and effective personalized training programs.

Prerequisite(s): FIT2222 and FIT0017  
Corerequisite(s):none

**FIT0028 Industry Trends**

Staying current in an industry that is broad, diverse and quickly evolving requires curiosity, awareness and constant research. Students analyze trends in fitness training, discuss predictions for the future of the fitness industry and strategize about how to stay current following their diploma. Exploration of new and emerging equipment, organizations, and facilities provide this opportunity.

Prerequisite(s): none  
Corerequisite(s):none

**FIT0037 Personal Training Application**

A personal trainer's success involves relationship-building, and effective coaching, both requiring practice to gain confidence and professionalism. Students advance their skills by experiencing a real-life client/trainer partnership involving motivational interviewing, fitness testing, client-centred exercise selection and one-on-one training sessions in a supervised environment.

Prerequisite(s): FIT0027 and FIT2220 and FIT2230  
Corerequisite(s):none

**FIT0042 Fitness Business Management**

To be successful in any business, a basic understanding of financial management, business planning, marketing, sales and promotion is crucial. Through lectures, assignments, group activities, and discussion groups, students explore basic accounting, budgeting and a variety of management functions in preparation for operating a fitness business.

Prerequisite(s): none  
Corerequisite(s):none

**FIT0043 Fitness Management Customer Service**

Great customer service is necessary for success in the fitness and wellness industry. Students examine the essential components of good customer service, including needs assessments and the importance of exceeding customer expectations. Through case studies, students practice responding to challenging customers and strategies for client retention.

Prerequisite(s): none  
Corerequisite(s):none

**FIT2212 Introduction to Fitness/Wellness**

There are many dimensions of a healthy lifestyle all of which are important for understanding wellness. Students assess and develop their own dimensions of wellness and apply behaviour change theory to lifestyle choices. Learning and applying the principles of training, students design their own physical activity plan while learning how to use a wide variety of exercise equipment both in our fitness lab and in our state-of-the art campus fitness facility.

Prerequisite(s): none  
Corerequisite(s):none

**FIT2215 Physiology**

An introduction to the various systems of the body, including the muscular, nervous, cardiorespiratory, energy and endocrine systems is provided. Students gain knowledge of the acute and chronic adaptations to exercise on each of the systems and their relationship to good health.

Prerequisite(s): none  
Corerequisite(s):none

**FIT2217 Anatomy**

Students develop a solid understanding of the human musculoskeletal system by focusing on major joints and muscle groups. Students learn muscle origins, insertions, and actions.

Prerequisite(s): none  
Corerequisite(s):none

**FIT2219 Field Preparation**

To be successful in a customer service-based industry, one must be aware of appropriate professional behaviours, attitudes, and communication styles. Students explore various fitness environments to observe unique features and common practices. Students develop strategies for personal and professional growth in communication, time management and organizational skills. Through reflection papers, students identify their interests and goals for further field experience.

Prerequisite(s): none  
Corerequisite(s):none

**FIT2220 Fitness Assessment**

Designing and prescribing appropriate fitness and lifestyle programs to improve fitness and health begins with being able to assess the physical fitness and lifestyle habits of oneself and others. Students develop skills in selecting and administering a variety of tools to assess a client's readiness for exercise and initial levels of body composition, aerobic fitness, flexibility, muscle strength and endurance.

Prerequisite(s): FIT0017 and FIT2222  
Corerequisite(s):none

**FIT2222 Mechanics of Exercise**

Understanding how the body works is essential for professionals in health and fitness. Students identify how the bones, muscles and joints function during movement and exercise through analyzing movement. Students learn and perfect proper execution and learn to coach others to perform exercises safely and effectively.

Prerequisite(s): FIT2217  
Corerequisite(s):none

**FIT2224 Group Training 1**

Many people prefer to participate in fitness and related activities in a group setting, often to music.

Students are introduced to the art and science of effective group exercise leadership by exploring various class styles and the use of different types of equipment. Students participate in and lead a variety of group exercise classes.

Prerequisite(s): none  
Corerequisite(s):none

### **FIT2225 Exercise Physiology**

An understanding of how the body functions during exercise and how it adapts to long-term exercise is important for a fitness and exercise leader. Students enhance their knowledge of the acute and chronic adaptations to exercise. Students gain a good understanding of the relationship of the human body, health and exercise and its adaptation to various environmental conditions, such as high altitude, zero gravity, underwater, and heat and cold.

Prerequisite(s): FIT2215  
Corerequisite(s):none

### **FIT2227 Technology in Fitness**

The use of technology supports efficient facilitation, management, and promotion of services in the fitness industry. Students examine a spectrum of online tools and social media platforms for both promotional and service delivery purposes. They create tools for fitness, health promotion and marketing using a variety of software types and applications. Group work and collaborative activities add to the experience.

Prerequisite(s): none  
Corerequisite(s):none

### **FIT2229 Field Placement 1**

Gaining experience in a fitness environment supports graduates when entering the workforce. Students begin to integrate theory into practice by completing a placement in a fitness and health-related setting.

Prerequisite(s): FIT2219  
Corerequisite(s):none

### **FIT2230 Athletic Injuries**

Postural assessment, joint mobility assessment, gait analysis, and fundamental movement screening are all tools used to predict the likelihood of musculoskeletal injury. Students apply their knowledge of anatomy and correct movement mechanics to learn how injuries and conditions occur and how they might be prevented. A variety of both visual and hands-on assessments are used in a lab setting as students learn to assess themselves and their peers.

Prerequisite(s): FIT0017 and FIT2222  
Corerequisite(s):none

### **FIT2233 Group Training 2**

Personal leadership qualities and the ability to coach movement are keys to conducting successful classes in a group environment. Students further develop these skills by designing training sessions for a variety of population groups in many settings. The ability to cue/coach exercises develops through practice as their own unique leadership style for group instruction emerges.

Prerequisite(s): FIT2224  
Corerequisite(s):none

### **FIT2235 Career Planning and Professional Development**

Developing a successful career in any field begins with having a plan of action. Students create a

personal career plan related to their career goals. Professional development and the role of professional organizations in the student's career are discussed. Students create sample cover letters and an updated resume and arrange their field placement.

Prerequisite(s): none  
Corerequisite(s):none

### **FIT2236P Field Placement 2**

Immersion in work environments broadens one's perspective of possibilities for employment. Students participate in a full-time placement where they apply their practical skills in fitness and health promotion. Students focus on building connections in the field and exploring new avenues for potential employment.

Prerequisite(s): FIT2229  
Corerequisite(s):none

### **FIT2239 Field Placement 3**

Field placement enhances student learning by integrating knowledge with work experience. Students complete a full-time placement, applying advanced skills and knowledge in a workplace setting and build connections with potential employers.

Prerequisite(s): FIT0027 and FIT2233 and FIT2235 and FIT2236P  
Corerequisite(s):none

### **FIT2240 Programming for Diverse Populations**

Designing exercise programs to meet the needs of individuals with particular physical, sensory or cognitive needs requires additional knowledge and broadens one's repertoire as a professional. Through lectures and lab activities students learn about diversity, inclusivity and reducing barriers through creative equipment choices in exercise programming. Topics include a variety of chronic conditions and diseases, pregnancy, and sensory and cognitive limitations.

Prerequisite(s): FIT0027 and FIT2220  
Corerequisite(s):none

### **FIT2244 Health and Wellness Promotions**

Many dimensions of community health and wellness can be promoted by fitness professional. Students explore strategies and practices to promote health and wellness at a community level through special projects and assignments in various settings.

Prerequisite(s): none  
Corerequisite(s):none

### **GED3010 General Education Elective**

Students choose one course, from a group of general education electives, which meets one of the following five theme requirements: Arts in Society, Civic Life, Social and Cultural Understanding, Personal Understanding, and Science & Technology.

Prerequisite(s): none  
Corerequisite(s):none

### **GED3010 General Education Elective**

Students choose one course, from a group of general education electives, which meets one of the following five theme requirements: Arts in Society, Civic Life, Social and Cultural Understanding, Personal Understanding, and Science & Technology.

Prerequisite(s): none

Corerequisite(s):none

**MGT8100 Career and College Success Skills**

To succeed at college, in the workforce, and in the community, we must adapt to changing environments, manage our time effectively, study efficiently, think independently and make difficult decisions. At the same time, we are often required to collaborate and cooperate with others, make use of available resources and services, cope with pressure and take responsibility for our learning and actions. Through discussions, assignments, and group work, students develop and apply these skills in a supportive and collaborative learning environment.

Prerequisite(s): none

Corerequisite(s):none