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Fitness and Health Promotion

Diploma

Program Code: 10331

Campus: North

Length: 4 semesters

Humber's Fitness and Health Promotion diploma program places you at the leading edge of the healthy revolution as you learn from

You will combine classroom theory with hands-on training and real-world experience in the Faculty of Health Sciences & Wellness

Please note that certain courses in this program require students to participate in fitness classes that will involve physical activity v

You will get hands-on experience as a fitness professional through two unpaid field experiences occurring in your third and fourth

Your first field experience takes place on campus where you will perform fitness appraisals and conduct weekly personal training

Your second placement takes place off campus, two days per week for 14 weeks (180 hours total) at a fitness facility in a municip

Courses

Semester 1

ANAT 103: Anatomy

FITM 109: Fitness Assessment

FITM 111: Math for Health and Fitness Professionals

FITM 115: iSucceed in Fitness

FITM 152: Group Exercise Leadership 1

GNED 101: An Introduction to Arts and Sciences

PHYS 125: Physiology

WRIT 100: College Reading and Writing Skills

Semester 2

FITM 106: Health and Wellness

FITM 153: Exercise Prescription 1

FITM 155: Career Skills and Entrepreneurship

FITM 157: Fitness, Health, and Lifestyle Assessment

FITM 254: Group Exercise Leadership 2

NUTR 202: Nutrition

PHYS 151: Exercise Physiology

Semester 3

FITM 156: Biomechanics

FITM 158: Counselling and Communication

FITM 206: Injury Management and Applied Anatomy

FITM 255: Special Events Planning

WORK 209: Experiential Learning - Fitness and Health Promotion

WRIT 200: Workplace Writing Skills

Select 1 from the following courses

GNED: General Elective

Semester 4

FITM 213: Exercise Prescription 2

FITM 232: Health Promotion

FITM 256: Motor Learning and Control

FITM 261: Psychology of Sport

MGMT 250: Health and Fitness Management

NUTR 259: Applied Nutrition

WORK 259: Field Experience - Fitness and Health Promotion

Admission Requirements

Admission selection is based on the following 3 requirements:

. Academic

To be eligible for admission, you must possess the following:

Ontario Secondary School Diploma (OSSD) or equivalent including these required courses:

Grade 12 English (ENG4C or ENG4U or equivalent)

Grade 12 Mathematics (MAP4C, MCT4C, MDM4U, MCB4U, MGA4U, MCV4U or MHF4U) or Grade 11 C, M or U Mathematics (M

Grade 11 or Grade 12 Biology (SBI3C, SBI3U or SBI4U) or Grade 12 Chemistry (SCH4C or SCH4U) or Grade 12 Exercise Scienc

One Grade 11 or Grade 12 C, M or U course in addition to those listed above

or

Mature student status