

FITNESS & HEALTH PROMOTION (FHP)

About the Program

In this two-year diploma program you will gain the skills and knowledge required for improving the health of clients and communities through physical fitness. As a student of this program, you will learn about the science and professional practices of implementing fitness and health programs for clients of all ages. You will receive advanced training and practical experience in coaching and fitness promotion related to the design and delivery of programs of physical activity and wellness. After this program, you will be well-prepared for the rapidly expanding professional opportunities in fitness, wellness and health promotion.

Graduates of this program with a GPA of 2.5 or higher are eligible for a block transfer of thirteen courses into Seneca's Honours Bachelor of Therapeutic Recreation (<https://www.senecapolytechnic.ca/programs/fulltime/DTR.html>). This provides the opportunity for students to complete Seneca's degree within 3 years.

This program also provides you with the opportunity to pursue a Bachelor of Science (Kinesiology & Health Sciences) or Bachelor of Arts (Any Major) at York University (<https://www.senecapolytechnic.ca/pathways/guide/york-university.html>).

Credential Awarded

Ontario College Diploma

Duration

4 Semesters (2 Years)

Starts

January, September

Program and Course Delivery

This program is offered in Seneca's hybrid delivery format. Some coursework is online and some must be completed in person. Students will need to come on campus to complete in-person learning requirements.

Skills

Throughout this program you will develop the following skills:

- Consultation skills for clients
- Contemporary fitness techniques
- Coaching and training techniques aligned with the standards and certifications of professional organizations, including the Canadian Society for Exercise Physiology (CSEP)
- Holistic intervention approaches to physical coaching, including addressing exercise counseling and mental health first aid
- Marketing and professional practice skills

Your Career

Graduates of the program can explore the following career options:

- Instructor in health and fitness organizations
- Instructor in senior centres
- Coach in sports organizations

- Work in municipal organizations involving recreation, fitness and leisure
- Fitness and wellness consultant

You will be certified in coaching children and youth, enabling you to work with sport organizations interested in developing athletes' physical abilities. Graduates can apply contemporary fitness techniques and work with adults and seniors who wish to meet their own personal health and fitness goals. In addition, with your highly marketable skills, you can consult with coaches, teachers, health care workers and others interested in building healthy communities.

Program of Study

Course Code	Course Name	Weekly Hours
Semester 1		
COM101 or COM111	Communicating Across Contexts Communicating Across Contexts (Enriched)	3
FHP101	Anatomy and Physiology I	4
FHP102	Fitness Assessment I	3
FHP104	Nutrition	3
FHP108	Human Growth and Development	3
FHP114	Physical Literacy: Concepts and Practices	3
Semester 2		
FHP201	Exercise Physiology and Life Diseases	3
FHP202	Exercise Prescription	4
FHP203	Health Promotion	3
FHP205	Special Populations	3
FHP208	Entrepreneurship and Business Management	3
plus: General Education Course (1)		3
Semester 3		
FHP304	Group Exercise Leadership	3
FHP307	Fitness Assessment II	4
FHP311	Motor Learning	3
FHP318	Biomechanical Analysis of Fundamental Movement	3
FHP319	Placement Preparation	4
PSY100	Introduction to Psychology	3
Semester 4		
FHP414	Applied Physical Literacy	3
FHP401	Exercise Prescription II	3
FHP402	Exercise Counselling	3
FHP407	Placement Internship	8
plus: General Education Course (1)		3

Note: The following courses will also not fulfil a General Education requirement: NAT112 Physiology of Fitness, NAT160 Natural Science: Nutrition.

Program Learning Outcomes

This Seneca program has been validated by the Credential Validation Service as an Ontario College Credential as required by the Ministry of Colleges and Universities.

As a graduate, you will be prepared to reliably demonstrate the ability to:

- Conduct assessments of fitness, well-being and lifestyle, and provide feedback to both client and care-giver (in the case of a minor).
- Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness and well-being of clients across various age ranges.
- Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients including children and their parents or care-givers.
- Collaborate with individuals across various age ranges in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness and well-being.
- Develop, implement and evaluate programs and events appropriate for all ages and stages of development which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.
- Apply principles of physical conditioning to train individuals and instruct groups of all ages in physical activity, including sport participation.
- Contribute to community health promotion strategies through consultation and participation with Municipal Recreation Departments, Private Health and Fitness Facilities, Schools and Sport Clubs and Organizations.
- Assist in the development of business plans for health and fitness programs, activities, and facilities.
- Implement strategies and plans for ongoing personal and professional growth and development.
- Develop and implement risk management strategies for health and fitness programs, activities, and facilities.
- Interact effectively with clients, staff and volunteers in health and fitness programs, activities, and facilities.
- Implement physical literacy strategies for child and youth participants according to the Canadian Sport for Life concept.

Admission Requirements

- Ontario Secondary School Diploma (OSSD), or equivalent, or a mature applicant (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/mature-applicants.html>)

- English: Grade 12 C or U, or equivalent course
- Biology: Grade 11 C or U, or Exercise Science Grade 12 U, or Kinesiology Grade 12 U, or equivalent course

Canadian citizens and permanent residents may satisfy the English requirements for this program through successful Seneca pre-admission testing. (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/mature-applicants.html>)

Recommended upgrading for applicants who do not meet academic subject requirements (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options.html>).

Notes

Grade 12 Exercise Science (PSE4U) is highly recommended for your success in the program.

International Student Information

International admissions requirements vary by program and in addition to English requirements (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/english-requirements.html>), programs may require credits in mathematics, biology, and chemistry at a level equivalent to Ontario's curriculum, or a postsecondary degree or diploma, equivalent to an Ontario university or college. Program-specific pre-requisite courses and credentials are listed with the admission requirements on each program page. To review the academic requirements please visit: Academic Requirements - Seneca, Toronto, Canada ([senecapolytechnic.ca](https://www.senecapolytechnic.ca)) (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/academic-requirements.html>).

Pathways

As a leader in academic pathways, we offer a range of options that will allow you to take your credential further in another Seneca program or a program at a partner institution.

To learn more about your eligibility, visit the Academic Pathways (<https://www.senecapolytechnic.ca/pathways.html>) web page.