

# PHYSICAL FITNESS MANAGEMENT (FLBU)

## Ontario College Advanced Diploma | 6 semesters | Barrydowne

People are living longer than ever before and are increasingly concerned about maintaining their health and physical fitness. This program will provide you a blend of fitness education and business principles in order to effectively serve, motivate, and counsel diverse clients. Whether you want to work for a fitness or recreation facility or start your own business, you'll have the skills and knowledge to change and inspire the lives of others through a strong understanding of physical literacy, physical exercise techniques, proper nutrition, and the mental obstacles individuals may need to overcome to achieve their goals.

Our indoor facilities include a fully-equipped weight room, cardio room, multi-purpose room, squash courts, double gymnasium, and stretching area. You will also have exclusive access to a state-of-the-art multi-purpose/functional fitness and assessment laboratory to enhance your exercise science knowledge on new and traditional equipment. Outdoor facilities include running track, soccer/football field, baseball diamond, and beach volleyball courts.

### Program Highlights

- 3 years – 6 semesters
- 15-week co-op term after semester four or five
- 90 hours of volunteer placements throughout the length of the program gives you opportunities to work in various settings such as community sports organizations and personal training and with various populations, such as special populations and youth.
- CSEP-CPT certification content embedded into the curriculum so you can apply for the Gold Standard in exercise science and personal training certifications before graduation
- OFC certifications are built into curriculum so you can earn internationally recognized certifications through your coursework.
- Free access to Cambrian's Athletics Centre (for full-time students)

### Co-op Work Term/Fieldwork

Students are required to complete a 15-week co-operative work term prior to graduation. The work term provides them with the opportunity to apply classroom studies to an actual work situation, gain extensive practical, on-the-job training, and potentially earn a salary while doing so. Tuition fees are levied for the co-op work term. Although assistance is provided by the coordinators, it is the students' responsibility to secure a co-op work term. Students have the option of completing the co-op work term at the end of semester 4 or 5 as long as they meet academic requirements.

Students must also complete approximately 90 hours of volunteer fieldwork as a requirement of courses in first, second, and third year. Placement opportunities may include working with community sports organizations, individuals within specific population groups, personal training clients and with Active Sudbury's ongoing physical literacy project.

### 4D Learning Opportunities

Active Sudbury, 2017-2020 – you will help develop and implement sustainable physical literacy programming in various elementary schools in the City of Greater Sudbury.

Peru trip, 2015 – Students led nutrition and fitness projects for young children in Peru.

Cambodia trip, 2013 – Students traveled to Cambodia to build bikes for underprivileged children.

Personal training on campus – You can put your skills and knowledge to the test as a personal trainer for Cambrian students, staff or faculty.

### Capped Enrolment Quick Links

How to Apply (<http://cambriancollege.ca/apply>)

Health Sciences, Nursing, and Emergency Services (<http://cambriancollege.ca/field-of-study/health-sciences-nursing-emergency-services>)

### Admission Requirements

For graduates of the new curriculum (OSS): Ontario Secondary School Diploma (30 credits) or equivalent or mature student status, including:

- Any grade 12 English (C), (U), or (M)
- Any grade 11 (C), (U), or (M) or 12 mathematics (C) or (U)
- Any grade 11 or 12 science (C), or (U)

Recommended:

- any grade 11 or 12 health and physical education (e.g., PLF4C, PPL40) or exercise science (e.g., PSE4U)

### Additional Requirements

This program includes a physical fitness component and requires that students perform cardio-respiratory endurance, muscular strength and endurance, and flexibility exercises. Additional activities include aerobics, team sports, and racquet sports. Students must, therefore, complete a Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and/or a Physical Activity Readiness Medical Examination (PARMED-X) and an Informed Consent form prior to entrance into the program. Prospective students with health-related concerns that may affect their participation in the program are encouraged to discuss their career goals with the program coordinator.

### Additional Information

Field placement agencies and co-op employers may require that First Aid/CPR and a criminal record check be obtained prior to placements or co-op work terms. A criminal record check (CPIC) can be completed by local police departments, and First Aid/CPR certification can be obtained through either St. John's Ambulance or Canadian Red Cross. These requirements can be obtained prior to or during the program. It is highly recommended that students have up-to-date immunizations.

**APPLY NOW!** (<http://www.ontariocolleges.ca/apply>)

### Program Delivery

#### 2018-2019

This program will be delivered in the following terms:

**Fall Term Start**

1. **SEMESTER 1** Fall 2018
2. **SEMESTER 2** Winter 2019
3. **SEMESTER 3** Fall 2019
4. **SEMESTER 4** Winter 2020
5. **SEMESTER 5** Fall 2020
6. **SEMESTER 6** Winter 2021

For specific term start/end dates and other key dates/deadlines, please see the Academic Schedule (<http://cambriancollege.ca/apply/how-to-apply/academic-schedule>) on our website.

**Program of Study****Semester 1**

	<b>Credits</b>
BIO 1009 Applied Anatomy Kinesiology I	4
ENG 1002 College Communications	3
FLM 1004 Fitness I	1
FLM 1101 Mental Training For Exercise	3
FLM 1150	4
FLM 1225	4
The following General Education course:	3
SOC 1007 Intro to Indigenous Studies	3
Term Credits:	22

**Semester 2**

BIO 1007 Applied Anatomy Kinesiology II	4
ENG 1200 Effective Presentation Skills	3
FLM 1005 Fitness II	1
FLM 1250	4
FLM 1275 Stress Management	4
FLM 2400 Nutrition	4
Term Credits:	20

**Semester 3**

ACC 1220 Business Records	3
FLM 2316 Physiology Of Exercise	5
FLM 2350	4
FLM 2421 Career Development	2
FLM 3505	4
One of the following General Education courses:	3
PSY 1003 Concurrent Disorders, Mental Health Addictions	3
PSY 1125 Positive Psychology	3
Term Credits:	21

**Semester 4**

FLM 1002 Fitness For Youth	4
FLM 2440	4
FLM 3410	4
FLM 3640 Facilities Management	4
FLM 1006 Ex. For Older Adults	2
MKT 1104	4
One of the following General Education courses:	3
GER 1200 Introduction To Gerontology	3

SCI 1001 Human Sexuality	3
Term Credits:	25
<b>Semester 5</b>	
FLM 1003 Team Sports Leadership	4
FLM 2446	5
FLM 3400	4
FLM 3500	4
MKT 3680 Professional Selling	3
Term Credits:	20
<b>Semester 6</b>	
FLM 2700 Coop Work Term I	12
Term Credits:	12
Total Credits:	120

**Fees****Tuition and Ancillary Fees**

Please see our fees page (<http://cambriancollege.ca/fees>) for the breakdown of tuition and mandatory ancillary fees by program and semester for both domestic and international students

**Books & Supplies**

The cost of books and supplies for Year 1 is approximately \$600. This is the best information available at the time of publishing to the website and is subject to change.

**Graduate Options****Employment Opportunities**

Graduates may seek employment with:

- Management of public, private, and corporate fitness and health clubs
- Rehabilitation clinics
- Municipal recreation and leisure service organizations
- Sport and special event coordinators
- Sports clubs and camps
- Government-funded health and fitness programs
- Long-term care recreational facilitator
- Tourism industry
- Personal Trainer
- Wellness consultants
- Retail fitness and sport stores
- Entrepreneur

**College/University Degree Opportunities**

Graduates from this program may continue their studies at college/ university and may receive credit for their prior College education.

Refer to College/University Agreements (<http://www.cambriancollege.ca/agreements>) for further information.

**Contacts**

**Martin Dubuc**  
Program Coordinator  
705-566-8101, ext 6243

[martin.dubuc@cambriancollege.ca](mailto:martin.dubuc@cambriancollege.ca)