

# PHYSICAL FITNESS MANAGEMENT (FLBU)

## Ontario College Advanced Diploma | 6 semesters | Barrydowne | Capped Enrolment

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 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 master your personal training skills 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 with community sports organizations, special populations, and personal training clients
- 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, beyond the 90 hours of volunteer placements, 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.

You must also complete approximately 90 hours of volunteer fieldwork as a requirement of courses in first, second, and third year. Placement opportunities include working with community sports organizations, individuals within specific population groups, and personal training clients.

### 4D Learning Opportunities

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

Cambodia trip, 2013 – Students travelled 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.

### Capacity - 60 seats available

There are limited seats available in this program.

### 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

This program will be delivered in the following terms:

### 2017-2018 Fall Term Start

For specific term start/end dates and other key dates/deadlines, please see the 2017-18 Academic Schedule which will be posted on our website in early 2017.

## Program of Study

Semester 1		Credits
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	Group Exercise and Wellness	4
FLM 1225	Leisure Leadership	4
The following General Education course:		3
SOC 1007	Intro to Indigenous Studies	3
Term Credits:		22
<b>Semester 2</b>		
BIO 1007	Applied Anatomy Kinesiology II	4
ENG 1200	Effective Presentation Skills	3
FLM 1005	Fitness II	1
FLM 1250	Circuit/Resistance Training I	4
FLM 1275	Stress Management	4
FLM 2400	Nutrition	4
Term Credits:		20
<b>Semester 3</b>		
ACC 1220	Business Records	3
FLM 2316	Physiology Of Exercise	5
FLM 2350	Resistance Training II	4
FLM 2421	Job Search Career Planning	2
FLM 3505	Program and Event Management	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
<b>Semester 4</b>		
FLM 1002	Fitness For Youth	4
FLM 2440	Fitness Appraisal/Training I	4
FLM 3410	Leisure and Recreation Trends	4
FLM 3640	Facilities Management	4
FLM 1006	Ex. For Older Adults	2
MKT 1104	Marketing Essentials	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	Fitness Appraisal/Training II	5
FLM 3400	Sport Injuries Ex. Therapy	4
FLM 3500	Ex. For Special Populations	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

**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 for the 2016-2017 Academic year is approximately \$1,000. This is the best information available at the time of publishing to the website and is subject to change.

**Employment Opportunities**

Graduates may seek employment with:

- Retail fitness and sport stores
- Public, private, and corporate fitness and health clubs (as trainers, supervisors/managers)
- Municipal recreation and leisure service organizations
- Sport and special event coordinators
- Rehabilitation clinics (as exercise therapists or physiotherapy assistants)
- Sports clubs and camps
- Government-funded health and fitness programs (e.g. military, senior centre fitness instructor)
- Tourism industry (e.g. fitness leaders for resorts, cruise liners)
- Corporate wellness consultants
- Entrepreneur

**University Degree Opportunities**

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

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

**Contacts****Martin Dubuc**

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