

# FITNESS AND HEALTH PROMOTION (FPRO)

## Gear up to meet the growing demand for health and wellness professionals

Channel your passion for fitness, health, and wellness into a rewarding career with our hands-on program that covers many aspects of fitness and health promotion. You'll become equipped with the knowledge and skills to create and lead fun and effective programs for people of all ages and abilities through courses in physical literacy, fitness assessment, nutrition, outdoor recreation, and recreation management. You'll also participate in activities in a private multipurpose fitness and health promotion laboratory space. Here, you'll hone your skills to inspire and transform lives, and in turn, you will ignite a desire for health and fitness in others!

## Program highlights

- Gain invaluable hands-on experience with a 150-hour placement in your final semester, combined with a 25-hour personal training project
- Benefit from a combination of fitness education and health promotion principles
- Gain access on campus to fully-equipped weight and cardio rooms, squash courts, double gymnasium, stretching area, outdoor running track, football field, baseball diamond, and beach volleyball and tennis courts
- Gain exclusive access to a modern, multi-purpose/functional fitness and assessment laboratory featuring technology found in industry
- Study in the first college program in Canada to sign a memorandum of understanding with Sport for Life, giving you access to several certifications at no cost
- Learn what northern Ontario has to offer with experiential outdoor field trips that blend hands-on learning with excitement
- Obtain additional certifications from Sport for Life, HighFive, Ontario Fitness Council, and the Canadian Society of Exercise Physiology

## Program of study for 2025-26 Academic Year

Semester 1		Credits
FHP 1150	Group Exercise	4
HEA 1190	Health Promotion and Wellness	3
MKT 1104	Marketing Essentials	4
FLM 1101	Mental Training for Exercise	3
BIO 1800	Musculoskeletal Foundations	3
ENG 1121	Research & Writing/Health Sciences	3
<b>Credits</b>		<b>20</b>
Semester 2		
BIO 2121	Anatomy Physiology and Disease	3
FHP 2400	Nutrition for Health	3
FHP 1200	Recreation Management	3
FHP 1250	Resistance Training	4
FHP 2421	Career Development	3
FHP 2200	Physical Literacy in Practice	4
One General Education Course <sup>1</sup>		3
<b>Credits</b>		<b>23</b>

### Semester 3

FHP 2316	Exercise Physiology	4
FHP 3500	Exercise for Special Populations	3
FHP 2440	Fitness Assessment Training I	3
FHP 1300	Lifespan Exercise Programming	4
FHP 1201	Nutrition for Performance	3
FHP 1301	Outdoor Recreation and Fitness	3
One General Education Course <sup>1</sup>		3
<b>Credits</b>		<b>23</b>

### Semester 4

FHP 1400	Event Management	3
FHP 1403	Field Placement	4
FHP 1402	Fitness Assessment Training II	3
HEA 2030	MSK Therapeutic Exercise	4
One General Education Course <sup>1</sup>		3
<b>Credits</b>		<b>17</b>
<b>Total Credits</b>		<b>83</b>

<sup>1</sup> For more information regarding General Education courses, click here (<https://cambriancollege.ca/general-electives/>).

## 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) or (U)
- Any grade 11 (C), (U), or (M) or grade 12 mathematics (C) or (U)
- Any grade 11 or 12 science (C), or (U) or or grade 12 introductory kinesiology (U) or exercise science (U)

## Additional admissions requirement

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 group exercise, outdoor recreation, and other various forms of physical activity. Students must complete a Get Active Questionnaire (GAQ) and an Informed Consent form. Prospective students with health-related concerns that may affect their ability to participate in physical activities are encouraged to consult with their doctor before beginning the program and contact the program coordinator to discuss potential assignment modifications as required.

### Recommendations

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

### Additional information

Students are required to meet non-medical requirements to be eligible for field placement in their final semester. This includes a Vulnerable Sector Check from their local police department, Standard/Emergency Level First Aid and CPR Level C, Accessibility for Ontarians with Disabilities (AODA) online training, Worker Health and Safety – 4 steps, and Workplace Hazardous Material Information System training. These requirements must be valid for the entire duration of the placement. Additional immunizations may be required to meet site-specific requirements.

## Program delivery

### 2025-2026

#### Fall term start

SEMESTER 1: Fall 2025  
SEMESTER 2: Winter 2026  
SEMESTER 3: Fall 2026  
SEMESTER 4: Winter 2027

#### Winter term start

SEMESTER 1: Winter 2026  
SEMESTER 2: Spring 2026  
SEMESTER 3: Fall 2026  
SEMESTER 4: Winter 2027

## Specific program pathway

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

Fitness and Health Promotion diploma graduates will receive advanced standing to enter Laurentian University's School of Kinesiology and Health Sciences. This will allow students to complete their Bachelor of Physical Health Education degree in Kinesiology or Health Promotion in two years!

Fitness and Health Promotion diploma graduates can also choose to pursue university education abroad with established pathways with Hartpury University (Gloucester, UK) and South East Technological University (Carlow, Ireland).

### College or university degree opportunities

If you are a graduate of this program, you may continue your studies at a college or university and you may receive credit(s) for your prior college education. Refer to Cambrian's college and university agreement (<https://cambriancollege.ca/supports-services/articulation-agreements/universities-in-canada/>) details for further information.

## Employment opportunities

Graduates will be prepared for employment opportunities as:

- Athlete development coaches
- Fitness coordinators and consultants
- Group exercise instructors
- Health and fitness assessors
- Health promotion consultants
- Personal trainers
- Program directors or managers
- Sport or fitness retail sales consultants
- Sport, recreation, or fitness consultants

There are a range of career options in private, public, and corporate health centres. Health and fitness professionals can be found working in municipal and community-based organizations, allied health care, retirement homes, resorts/hotels, parks and recreation, sports specialty camps, and more!

## Contacts

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### INTERNATIONAL ADMISSIONS

[mailboxadmissions@cambriancollege.ca](mailto:mailboxadmissions@cambriancollege.ca)