

## PROGRAM INFORMATION

<b>Academic Year:</b>	2026-2027
<b>Credential:</b>	Ontario College Diploma
<b>Program Delivery:</b>	Full-Time
<b>Duration:</b>	2 Years
<b>Length:</b>	4 Semesters
<b>Program Code(s):</b>	H169 - Timmins Campus (PC)

## DESCRIPTION

There are a variety of challenges that fitness professionals like you can help people overcome. Becoming a certified fitness professional will allow you to work in both the public and private sectors with specialized groups of people like children, the elderly, or with professional sports organizations. You will learn about all kinds of fitness exercises including outdoor activities, yoga, resistance training, cardiovascular training, and how to modify activities for various limitations.

As a student in this program, you will learn how to assess clients and build individual training programs to help them achieve their fitness goals. You will also learn how to build community health promotion programs and present them to others by honing your communication, networking and community relations skills. You will be ready for your fitness internship as you learn with us, graduating with the ability to create a business plan to start your exciting new venture. As part of your studies, you will complete the CSEP – CPT and Canfit Pro fitness certifications. This will help you to meet the demands of the market for fitness, wellness and health promotion service requirements.

If you choose to continue your studies after college, you can transfer into other post-secondary diploma and/or degree programs including the Bachelor of Health Promotion or Bachelor of Kinesiology with many of our amazing and helpful partner universities. These options make choosing this program the perfect fit!

## CAREER OPPORTUNITIES

- Personal fitness trainer
- Fitness coach
- Employed by community centres, sports and fitness clubs, outdoor centres, resorts, recreational facilities, health care facilities, retirement homes, and correctional institutions

## VOCATIONAL LEARNING OUTCOMES

1. Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
2. Develop, implement and evaluate safe training programs grounded in fundamental of anatomy, bio-mechanics, cardiorespiratory physiology, the musco-skeletal system and nutrition to support the fitness and wellness goals of clients.
3. Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
4. Select and apply interview tools and coaching strategies that will enable clients and groups to improve their fitness and wellness in sustainable ways.

5. Develop business plans for a fitness and/or training business organization to ensure sustainability and viability while mitigating risks.
6. Support community health promotion strategies for active health living in the general population.
7. Establish and maintain positive working relationships with clients, staff, allied health professionals, and volunteers in the delivery of programs, activities, and use of facilities.
8. Provide positive reinforcement to empower clients and help them sustain their efforts.
9. Develop plans and implement strategies for ongoing professional growth and development.
10. Communicate information persuasively and accurately in oral, written, and other media formats.

## **PROGRAM COURSES**

The following reflects the planned course sequence for full-time offerings of the program. Programs at Northern College are delivered using a variety of instruction modes. Courses may be offered in the classroom or lab, entirely online, or in a hybrid mode which combines classroom sessions with virtual learning activities.

### **Semester 1**

Musculoskeletal Fundamentals  
Anatomy and Physiology  
Fitness Assessment I  
Group Exercise I  
Math & Business for Health and Fitness Professionals  
CM1913 Communication I-Model B  
General Education Elective (GNED)

### **Semester 2**

Introduction to Health and Wellness  
Nutrition  
Exercise Physiology  
Exercise Prescriptions I  
Group Exercise II  
Career Preparation Skills  
Fitness Assessment II

### **Semester 3**

Therapeutic Exercise and Injury Management  
Counselling, Communication and Behavioural Change  
Exercise for Specific Populations  
Community Event Planning  
Internship Preparation  
General Elective

### **Semester 4**

Applied Nutrition  
Exercise Prescription II  
Health and Fitness Management  
Outdoor Recreation and Fitness

Internship Field Placement (Block 6 Week Placement)  
GN1443 Indigenous Culture and Awareness

## PROGRAM PROGRESSION

The following reflects the planned progression for full-time offerings of the program.

### Fall Intake

Sem 1: Fall 2026

Sem 2: Winter 2027

Sem 3: Summer 2027

Sem 3: Fall 2027

## ADMISSION REQUIREMENTS

- Ontario Secondary School Diploma (OSSD)
- Grade 12 (C or U) Science (Physics, Chemistry, Biology or Exercise Science)
- Grade 12 English (C,U)

Academic prerequisites for this program may be obtained free of charge through [Academic Upgrading](#).

Applicants who do not have a high school diploma or equivalent and will have reached the age of 19 years on or before the start of the program must undergo academic testing and may be required to complete [Prior Learning Assessment & Recognition \(PLAR\)](#) process to demonstrate equivalency of admission requirements prior to admission into a program.

For more details, please contact the Admissions Office at 705-235-7222 or [admissions@northern.on.ca](mailto:admissions@northern.on.ca).

### Additional Requirements for International Students

In addition to the admission requirements, international students must have proof of [English Proficiency](#) and meet the requirements below.

1. Proof of Senior High School Diploma/Certificate
  - Either grade 12 biology or physics or chemistry at least 70%
2. English Proficiency (we will require one of the following):
  - IELTS Academic International English Language Testing System: minimum overall score of 6.0 must be achieved with no individual band score under 5.5

If your country of citizenship has English as its official language, we may accept alternate proof of English Proficiency. All educational documents must be submitted in English and will be dependent on the country of citizenship. For more information, please contact [admissions@northern.on.ca](mailto:admissions@northern.on.ca).

## PROGRAM SPECIFIC REQUIREMENTS & ADDITIONAL INFORMATION

The attached linked pre-fillable form is a pre-screening tool to help ensure that you are in good physical condition in order to be able to participate safely in multiple aspects of this program. The screening tool helps identify whether or not you need additional assessment by a healthcare provider (please consult reference document linked below).

- [Get Active Questionnaire \[PDF, 127 KB\]](#)
- [Get Active Questionnaire - Reference Document \[PDF, 53 KB\]](#)

Should your completion of this form indicate a need to consult your healthcare provider and provide them with the form below to complete.

- [CSEP-Path: Physician Physical Activity Readiness Clearance \[PDF, 279 KB\]](#)

Please bring all completed forms (as required) to your Program Orientation before the start of the semester.

## Work Integrated Learning Opportunities

N/A

## Articulation / Transfer Agreements

A number of articulation agreements have been negotiated with universities and other institutions across Canada, North America and internationally. These agreements are assessed, revised and updated on a regular basis. Please contact the program coordinator for specific details if you are interested in pursuing such an option. Additional information can be found at [Articulation Agreements](#).

## GRADUATION REQUIREMENTS

- 11 Program Courses
- 2 Communications Courses
- 1 General Education Courses

## Graduation Eligibility

To graduate from this program, a student must attain a minimum of 60% or a letter grade of CR (Credit) in each course in each semester unless otherwise stated on the course outline. Students should consult departmental policies and manuals for additional detail and exceptions.

## Graduation Window

Students unable to adhere to the program duration of two years (as stated above) may take a maximum of four years to complete their credential. After this time, students must be re-admitted into the program, and follow the curriculum in place at the time of re-admission.

## CONTACT INFORMATION

For questions about being admitted into the program, please contact Northern College Admissions at [admissions@northern.on.ca](mailto:admissions@northern.on.ca) or by phone at 705-235-3211 ext. 7222. For questions about the content of the program, contact the Program Coordinator.

Maria McInnis, Program Coordinator

Email: [mcinnism@northern.on.ca](mailto:mcinnism@northern.on.ca)

## **COURSE DESCRIPTIONS**

### **Semester 1**

#### **Musculoskeletal Fundamentals**

In this course, students will examine the musculoskeletal system in depth. Bones, joints, ligaments, cartilage, tendons, connective tissue and muscles of the body will be studied. Group and individual work will be performed using anatomical models and diagrams to facilitate comprehension. Students will study the muscular attachments, actions, and innervation of selected muscles. Determining active muscle contraction and joint actions during various basic exercises for trunk, upper extremities, and lower extremities will be explored

#### **Anatomy and Physiology**

In this course, students will gain foundational knowledge of the structure and function of the human body. Principle concepts of homeostasis, levels of organization within the body, and energy metabolism will be examined. Students will study the following specific systems, skeletal muscle physiology, cardiovascular system, endocrine system, nervous system and respiratory system.

#### **Fitness Assessment I**

In this course, students will be introduced to the fundamentals of health screening and fitness assessment methodologies. With a focus on safety and accuracy fitness assessment theory and hands on practical techniques will be used to obtain fitness status and evaluate general health. The goal is for students to gain skills and confidence to perform necessary assessments and interpretation of the results in order to provide safe exercise prescription and progression to achieve health or performance goals. The fitness assessment components covered include, preliminary health screening, body composition, muscular strength and endurance, and cardiorespiratory capacity.

#### **Group Exercise I**

In this course, students will be introduced to the key components of developing and instructing group exercise classes. Topics such as music, cueing, integrating applied anatomy, effective instructional techniques and coaching will be used to improve skills of students as group exercise leaders. In this active class, students will participate in exercise sessions as well as instruct classmates in group warm up exercises, flexibility and mobility training, cardiovascular and strength training.

#### **Math & Business for Health and Fitness Professionals**

In this course, students will gain the mathematical skills and knowledge necessary for a career in Fitness and Health Promotion. The mathematical calculations and skills introduced will be used in assessing fitness and for developing exercise programs in future courses. Real life examples in the fitness industry and business will be used to solidify mathematical skills. Basic statistics and research principles will be reviewed to enhance students' ability to understand current research in the health field.

#### **CM1913 Communication I-Model B**

Communications 1 is designed to enhance students' writing, speaking and critical thinking skills as required in academic and workplace settings. Students reinforce correct grammar and mechanics usage, develop specialized vocabulary, and apply effective writing techniques to produce a variety of documents. Topics covered include the communications process; the writing process (planning, composing, editing); paragraph development; email; research and documentation (A.P.A. format); essay/research paper structure; cover letter, resume, and portfolio development.

## **General Education Elective (GNED)**

### **Semester 2**

#### **Introduction to Health and Wellness**

In this course, students are encouraged to explore their personal health and wellness journeys while studying a wide variety of topics, issues and information. The determinants of health will be studied with group discussion and self-reflection. Students will use research methods to study the emotional, social, physical, environmental, and occupational factors that contribute to health and wellness. Specific topics related to health and wellness will include, mental health, aging, substance abuse, chronic disease, illness, gender identity, healthy environment, poverty, culture and race will be examined.

#### **Nutrition**

In this course, students will learn the importance of proper nutrition for overall health and wellness. Students acquired knowledge of basic nutrition theory will begin with studying the six classes of nutrients, which include carbohydrates, proteins, fats, minerals, vitamins, and water. The role of the fitness professional versus regulated health professional scope of practice for providing nutritional advice will be covered. The details of the Canada's food guide will be studied in depth. Mindful eating, implications of alcohol, considerations for Indigenous Peoples, proper digestion and absorption, and food labelling will also be explored.

#### **Exercise Physiology**

In this course, students will examine the responses and adaptations of several body systems and processes during and after various types of exercise. The topics studied will include adaptations to energy metabolism, respiratory system, neuromuscular system, cardiovascular system, and hormonal responses. Students will contrast the physiological variations between sedentary individuals and a variety of trained individuals.

#### **Exercise Prescriptions I**

In this course, students will gain knowledge and practical skills on effective exercise program design, monitoring and evaluation. This practical class will cover a proper selection of exercises and equipment corresponding to client goals. Correct execution of exercises and correct spotting techniques along with proper use of equipment will be taught and evaluated. Program design will include all components from information gathered from client in consultation to execution of warm-up/cool down, overload, resistance training, aerobic and anaerobic training, flexibility training and mobility training.

#### **Group Exercise II**

In this course, students will expand on their knowledge and skills gained in Group Exercise I. Further exercise styles and formats that will be explored include, yoga, Pilates, circuit training, athletic performance training, indoor cycling, BOSU, kick boxing, step, and outdoor training.

#### **Career Preparation Skills**



In this course, students examine business skills, marketing methods, and effective communication strategies necessary for a successful career in fitness and health promotion. Topics for class discussion include internship preparation, career opportunities, entrepreneurship, professionalism, interview skills, and general workplace legalities.

**Fitness Assessment II**

In this course, students will review health screening and fitness assessment protocols. A systematic approach to fitness and lifestyle appraisal will be followed in this hands-on practical course. Students will use knowledge and skills gained in semester 1 and will continue to build on these skills. A variety of assessments will be used to gain additional useful information to develop an effective client-centered fitness and life-style action plan. An emphasis will be placed on the health benefits of physical activity and communicating those benefits to healthy individuals. Assessment components covered include, pre-appraisal screening, health-related questionnaires, body composition, aerobic fitness, musculoskeletal fitness, balance, functional movement screen and occupational fitness. Modifications for individual with disabilities will be explored

**Semester 3****Therapeutic Exercise and Injury Management**

In this course, students will study common musculoskeletal injuries and conditions. Injury prevention and management and how it relates to exercise prescription will be examined. Students will gain knowledge and skills on various types of rehabilitative exercises and equipment that can be integrated into an exercise program. Basic biomechanical principles will be introduced. Healthy individuals and special population considerations will be addressed.

**Counselling, Communication and Behavioural Change**

In this course, students will be introduced to theories of behavioural change and effective communication skills that are essential in the field of fitness and health promotion. Students will have a practical opportunity to apply their gained knowledge and skills of counselling and communication with a client during the semester. Some of the topics covered include discussions on behaviour change and exercise adherence, stages of change, personality and physical activity, habits, building rapport, empathy, emotional intelligence, and active listening.

**Exercise for Specific Populations**

In this course, students will be introduced to basic knowledge and techniques essential for exercise prescription for specific populations. Modifications, special considerations, and appropriate adaptations necessary for the selected populations will be studied. Practical opportunities and theoretical knowledge will be used to evaluate the benefits of exercise and physical activity in the treatment of various populations and conditions. The anatomical and physiological changes or differences will also be considered when performing assessment and exercise prescription. Some of the specific populations studied will include: pre/post-natal, seniors, children, obesity, specific cognitive and physical needs, and diabetes

**Community Event Planning**

In this course, students will gain planning and leadership skills necessary to run a successful community event promoting fitness and health. Working as a team, students will develop an event concept or build on an existing one, create proposals and plans, in order to execute an event for their local community. This practical class will involve many components such as event promotion, operations, safety, staffing, and finances.

**Internship Preparation**

In this course, students will have the opportunity to train clients in this on-campus internship. Students will meet weekly as a class to review client training progress and continue with preparation for full fourth semester internship. Students will use their skills in communication, counselling, fitness assessment and fitness program prescription to attain client's fitness/wellness goals.

**General Elective****Semester 4****Applied Nutrition**

In this course, students will begin with a review of general nutrition and exercise physiology building on their knowledge gained from their Nutrition course in semester one. They will spend time critically evaluating popular dietary methods, including the role of hydration. Identification of disordered eating patterns, ergogenic aids, and nutrient timing will also be reviewed. An understanding of nutrition strategies for exercise and sport training will be attained.

**Exercise Prescription II**

In this course, students will continue to build on their skills of prescribing safe and effective training programs for a variety of individuals. More advanced training techniques will be studied in order to prepare clients for a specific sport or event. In this practical course students will continue to build on student competencies with communication, coaching, and execution of safe and effective exercise techniques.

**Health and Fitness Management**

In this course, students are introduced to the important role managers and supervisors play in the success of a fitness and wellness club or organization. The main topics covered are financial management, risk management, customer service, and human resources. Promoting professionalism and leadership while managing the operations of a fitness/wellness facility or club is the primary objective of the course.

**Outdoor Recreation and Fitness**

In this course, students will focus on the mental and physical health benefits of outdoor recreation. Students will be introduced to a variety of outdoor recreational activities such as skiing, trail running, snowshoeing, cycling, canoeing, hiking, stand up paddle boarding, and orienteering. Identifying local, provincial, and national recreational organizations for many of the outdoor recreational activities will increase knowledge of general fitness and health promotion opportunities within their community and beyond. Safety and adhering to risk management will be applied to all outdoor recreational activities.

**Internship Field Placement (Block 6 Week Placement)**

In this course, students will have the opportunity to apply their knowledge and skills in a work environment. Placement settings and locations will vary providing a range of opportunities for students. All placements will provide students with experience in a community-based setting within the field of Fitness and Health Promotion. Students will have the opportunity to gain additional skills in the field of fitness and health promotion through performing activities such as fitness assessments, counselling clients, providing fitness and health promotion activities/events within the community, instructing fitness classes and helping clients meet their fitness and health goals



**GN1443 Indigenous Culture and Awareness**

This general education course will provide students with an introduction to Canadian Indigenous Nations' history, sovereignty, land titles, cultural history and current critical issues. Topics addressed include the content of Indigenous rights, economic and social development, community and political processes, and business law and policies, justice & social services. Canadian Indigenous History and Relations is a general education course that has been incorporated into all programs at Northern College.