

94%

Employer Satisfaction*
with the knowledge and skills that our graduates possess.

Ontario College Certificate

Program Code: PFITL

FACULTY OF APPLIED HEALTH & COMMUNITY STUDIES

Fundamentals of Fitness Leadership

Sheridan's Fundamentals of Fitness Leadership program prepares you to become a qualified personal fitness trainer.



Use exercise and lifestyle coaching to improve health and performance.

Outstanding career preparation

Unique in Ontario, Sheridan's Fitness Leadership certificate combines the science of physiology, anatomy, biomechanics and nutrition with practical training in exercise and conditioning. Upon graduation, you'll be a qualified personal fitness trainer who is ready to write the certification exams for CANFIT Pro, Certified Professional Trainers Network (CPTN) and Ontario Fitness Council (OFC).

Things you'll learn to do

- Assess basic fitness needs through fitness testing protocols.
- Teach correct techniques of exercise, training and fitness.
- Recognize and report health-related conditions that hamper a client's safe pursuit of an exercise program.
- Create fitness programs for groups of different ages, health and fitness levels.

Hands-on experience

Through a field placement at a fitness studio, community recreation facility or similar organization, you'll have the chance to apply your new skills and enhance your resume. You'll also use specialized facilities on Sheridan's campus, including the Human Performance Lab, Exercise Intervention Research Centre (EIRC), Athletic Therapy Centre (ATC) and anatomy and physiology classrooms and labs.

Admission Requirements

Program Eligibility

Ontario Secondary School Diploma or equivalent, including these required courses:

- One English, Grade 12 (ENG4C or ENG4U)

or

Mature student status.

Applicant Selection

Eligible applicants will be selected on the basis of their previous academic achievement (the average of their six highest senior-level credits, including required courses).

Applicants who do not meet the admission requirements for this program will be assessed and advised individually and may be considered for other, related programs.

Articulation Agreement

Applicants who do not possess the necessary admission requirements to this program at Sheridan who complete the Pre-Health Sciences Pathway to Advanced Diplomas and Degrees program will be granted admission, contingent on space in the program (in the semester that they are applying for), if they have an overall GPA of 3.0 and a minimum of B grades in all their math and science courses.

Where space is not available in the semester for which an applicant has applied and the applicant meets all the requirements of this agreement, admission to a later intake of the program will be granted.

Applicants from the Pre-Health Sciences Pathway to Advanced Diplomas and Degrees program must also complete all other pre-admission requirements for their chosen program, such as criminal record checks, immunization documentation, etc. listed in the program admission requirements. All applicants to the Practical Nursing, Veterinary Technician, and Pharmacy Technician programs must also take the HOAE (Health Occupation Aptitude Exam) pre-admission test. Taking the HOAE is a requirement to meet the terms of the articulation; however, admission to the program is not contingent on test results at this time.

Prospective students should ensure that they meet the eligibility criteria for registration, such as English language proficiency in the program for which this transfer process is being applied.

For your Information

Prior to commencing the Field Placement, and at individual expense, students must obtain a certification in Emergency level First Aid and Adult CPR.

Refer to the website for full admission requirements.

Career Opportunities

As a graduate of Sheridan's Fitness Leadership program, you'll be qualified to work as a personal trainer, personal coach or fitness leader.

HERE ARE SOME PLACES YOU MIGHT WORK:

Corporate wellness programs

Cruise ships and resorts

Fitness clubs and gyms

Recreation and community programs

Schools

Senior centres

Courses

SOME OF THE COURSES YOU CAN EXPECT TO TAKE IN YOUR PROGRAM

Fitness Business Essentials

Foundations of Anatomy and Biomechanics of Exercise

Fundamentals of Fitness Assessment

Leading Group Fitness

Physical Activities in Special Populations

Wellness and Healthy Living

Note: See website for specific terms and course listings.

More information



Website:
sheridancollege.ca



Facebook:
facebook.com/sheridaninstitute



Twitter:
[@sheridancollege](https://twitter.com/sheridancollege)



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tours.sheridancollege.ca