

Health, Wellness and Fitness

COOPERATIVE EDUCATION | TWO-YEAR DIPLOMA PROGRAM

Co-op Format:

Sept-Dec	Jan-Apr	May-Aug	Sept-Dec	Jan-Apr	May-Aug	Sept-Dec	Jan-Apr
Semester 1	Semester 2	Vacation	Semester 3	Work Term 1	Work Term 2	Work Term 3	Semester 4

Program of Studies:

SEMESTER 1

Communication
Intro to Health and Wellness
Exercise Physiology
Anatomy
Fitness Assessments
Exercise Techniques
Intro to Public Safety & Security Fitness
Sport and Exercise Psychology
Justice Fitness and Wellness

SEMESTER 3

Wellness Management Strategies
Energy Systems Exercise Prescription
Living Learning Lab
Resistance Training Exercise Prescription
Flexibility: Range of Motion
General Education 1 Option Table
Group Training
Nutrition

SEMESTER 2

Health Issues in Canada
Biomechanics
Theories of Weight Management
Counselling Prescription
Musculo-Skeletal Assessments
Energy Systems Assessments
Career Management for HWF Professionals
Living Learning Lab-Prep

SEMESTER 4

Fitness Equipment and Facilities
Personal Training
Living Learning Lab - Advanced
Nutrition Applications
Sport Injuries
Fitness for Special Populations
Workplace Wellness
General Education 2 Option Table



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Work Term Capabilities and Areas of Training:

(which do not reflect individual experiences and exposures)

Classroom instruction combined with hands-on, practical experience, provides the student with sufficient knowledge to assist in the performance of tasks in the following areas:

- Fitness assessment and prescription
- Weight management
- Body composition analysis
- Flexibility and strength assessment
- Stress management
- Exercise counselling
- Heart rate and blood pressure
- Sports teams fitness assessment and training
- Safe weight/cardio equipment use and maintenance
- Guidance and prescription for healthy lifestyle behaviours and choices
- Identifying the vital link between sports performance and nutrition
- Dietary assessment for maximum health
- Nutrition and an understanding of vitamins and minerals
- Working towards, internationally accredited, "sports nutrition specialist" certification
- Special Populations: Seniors, Youth, Elite Athletes, Obese and Disabilities

Program Objectives:

The program is designed to prepare students to apply their practical work experience and knowledge in the health, fitness and nutrition industries. Students learn to assess, design and implement fitness activities, nutritional plans and overall wellness. Students gain valuable practical training experience working with peers registered in the Police Foundations and Law and Security Administration programs at Mohawk College. These students help Emergency Services candidates prepare for the physical portion of the entrance criteria.

Students are working towards CPT (Certified Personal Trainer) certification issued by the Canadian Society for Exercise Physiology. Prior to Work Term 1, students may acquire Canadian Professional Trainers Network certification.

Career Opportunities:

Graduates may seek entry level positions with athletic/fitness/health clubs, amateur and professional sports teams, health and wellness centres, large corporations, food and nutrition industries, municipal recreation centres and the small business entrepreneurial area.

Salary Range:

	Work Term 1	Work Term 2	Work Term 3
Range	N/A	N/A	N/A
Average	\$12.33	N/A	N/A