



## Diploma in Exercise and Wellness ... *active for life*

**Camosun College's Diploma in Exercise and Wellness is a two-year program for those pursuing a career in promoting optimal health and fitness to individuals and groups.**

### What you learn

Although physical activity is the central focus of the program, you will also study healthy lifestyle promotion; including healthy nutrition, smoking cessation, stress management and successful aging. Other areas of study include the psychological, kinesiological and physiological foundations of physical activity; health and fitness assessment; exercise counselling and prescription; sociocultural and environmental determinants of physical activity; and factors related to health behavior change.

Camosun's Exercise and Wellness program is unique in that it offers an outstanding internship opportunity to gain pre-professional experience in all segments of fitness, wellness, health promotion, and the allied health professions in metropolitan Victoria, Vancouver and elsewhere in British Columbia and Canada.

### Courses

#### Year 1 – 1st Term (Fall)

BIOL 143	Anatomy for Sport Education
ENGL 150	English Composition
EXW 120	Lifetime Sports 1
PSYC 160	Sport & Exercise Psychology 1
SPEX 110	Fitness for Life

#### Year 1 – 2nd Term (Winter)

BIOL 144	Physiology for Sport Education
EXW 121	Lifetime Sports 2
EXW 130	Life Cycle Fitness
HLTH 110	Health in Today's World
PHYS 160	Biomechanics of Sport

#### Year 2 – 1st Term (Fall)

ENGL 165	Sport Literature
EXW 220	Lifetime Sports – Fitness Programs
EXW 230	Behavioral Fitness
SPEX 210	Exercise Physiology
SPEX 150	Introduction to Sport Management
WEP	Workplace Education Prep

#### Year 2 – 2nd Term (Winter)

CHEM 214	Nutrition for Fitness
EXW 240	Fitness and Health Assessment
EXW 270	Environmental Fitness
SPEX 160	Sport Marketing and Promotions
SPEX 250	Instructional & Program Design

#### Year 2 – 3rd /4th Term (Spring/Summer)

EXW 101	Internship
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# DIPLOMA IN EXERCISE and WELLNESS

## Program admission requirements

- Minimum C+ in English 12 (or TPC 12 or assessment)
- Minimum C+ in Principles of Math 11 (or Math 072 and 073 or assessment) (*under review*)
- Minimum B in Physical Education 11 or Community Recreation 12 (or assessment by department)
- Minimum C+ in Biology 12, or Biology 080, or 100 or equivalent

If you are missing the admission requirements for this program, please ask us about the Exercise & Wellness Access Program.

## Program participation requirements

- An optimal level of personal fitness is expected throughout the program.
- Students will be expected to obtain two certifications in two sporting and/or fitness licensing programs.
- Students will undertake a lifestyle questionnaire and a health-related fitness assessment.
- CPR (Health Care Practitioner) and Emergency First Aid certifications are mandatory for the "practical" part of the program.

*\*Students are responsible for covering fees of gaining certifications.*

- A criminal record check may be required.

## Career opportunities

Exercise and Wellness graduates are prepared for employment opportunities in a variety of commercial, government and community recreation settings as:

- Personal trainers
- Fitness leaders
- Outdoor leaders
- Fitness instructors
- Group exercise coordinators
- Health promotion leaders
- Wellness specialists

## Centre for Sport and Exercise Education

The birth of the Pacific Institute for Sport Excellence (PISE), a centre of athletic and academic excellence and community partnership, calls for integrated, cooperative, interactive, and flexible academic programs. It requires programs strongly connected to the pursuit of excellence, and, of equal importance, responsive to the national health agenda and the immediate needs of our community. The Centre for Sport and Exercise Education (CSEE) is one of four pillars located in the Pacific Institute for Sport Excellence, and offers unique and comprehensive diploma and degree academic programs in sport, exercise, and wellness to serve communities locally, nationally and internationally.

## CONTACT INFORMATION

### Camosun College Enrolment Services

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Victoria, BC V9E 2C1
- Lansdowne Campus  
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Victoria, BC V8P 5J2

### Pacific Institute for Sport Excellence

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### Dean, Centre for Sport & Exercise Education

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