

## Program Vocational Learning Outcomes

### **Fitness and Health Promotion (Ontario College Diploma) (MTCU Code 52209)**

*The graduate has reliably demonstrated the ability to:*

1. Assess lifestyle, well-being, and fitness of clients through standard manual and/or mechanized testing protocols.
2. Apply fundamentals of physiology, anatomy, bio-mechanics and nutrition in the development and design of client-appropriate physical activity, fitness, active living, and lifestyle programs.
3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.
4. Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve upon their health, fitness, and overall well-being.
5. Promote healthy living and safe training through the teaching and instruction of correct techniques, physical activities, execution of exercises, training and fitness instruction, for diverse client groups and, in a variety of environments.
6. Contribute to community health promotion strategies.
7. Assist in the development of business plans for health and fitness programs, activities, and facilities.
8. Implement strategies and plans for ongoing personal and professional growth and development.
9. Develop and implement risk management strategies for health and fitness programs, activities, and facilities.
10. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities