The Fitness Leadership SHSM program is designed for the student interested in exploring or pursuing a career in the Fitness Industry as a Personal Trainer, Group Fitness Instructor, Corporate Wellness Consultant, Recreation Leader, Health Promoter, Physiotherapist or Kinesiology.

Students will have the opportunity to develop and implement fitness programs for various groups and individuals. Students will also gain experience in the fitness field through their Co-op placements.

As part of the curriculum students will have the opportunity to obtain Personal Trainer, Fitness Instructor, Kickboxing and Nutrition/Wellness Certification.

Students will also have the opportunity to complete First Aid, CPR, Infection Control and WHIMIS certifications as part of the Specialist High Skills Major, Health and Wellness program.

### Suggested Prior Courses
- Healthy Active Living Science

### Costs
- Additional costs: $125

### Credits
- Semester Offered: 1
- Exercise Science/Recreation and Healthy Active Living Leadership... PSK 4U/PLF 4M
- Nutrition and Health... HFA 4U/4C
- Healthy Living and Individual and Small- Group Activities ............... PAI 4O
- Cooperative Education ............... PAI 4OC

### Expanded Opportunities

### Contact
Andrea Barrow
613.546.1737 LISS
barrowa@limestone.on.ca

### Possible Occupations:
- Corporate Wellness Consultant
- Personal Trainer
- Fitness Instructor
- Health Promoter
- Kinesiologist
- Physiotherapist