



KINESIOLOGY AND SPORT STUDIES

FITNESS AND HEALTH PROMOTION DIPLOMA

UPDATED FEBRUARY 2012

This program is designed for students who wish to:

1. Complete a diploma with a focus on fitness and health promotion, or
2. Pursue the university transferable program of studies in the area of Kinesiology and Sport Studies.

The 2-year Fitness and Health program is designed so that students will acquire the necessary knowledge, skills and attitudes required to plan and instruct fitness classes, perform a variety of fitness testing protocols, counsel individuals and groups regarding fitness programs and establish and operate fitness programs in industry, clubs and communities. Acceptance into the Fitness and Health Promotion Diploma Program is limited by quota based on a minimum CGPA of 2.0, Directed Study placement availability, and an interview. Students normally apply to this diploma program in January during their first year of studies in the Kinesiology and Sport Studies Program.

SUGGESTED PATTERN YEAR 1

YEAR 1 FALL TERM		YEAR 1 WINTER TERM	
KNSS 200 (3)	Structural Anatomy	KNSS 201 (3)	Biomechanics
KNSS 204 (3)	Intro to the Sociocultural Foundations of Physical Education, Leisure and Sport	KNSS 210 (3)	Fitness and Wellness Theory and Practice
KNSS 240 (3)	Adapted Physical Education	KDNC 200 (3)	The Spectrum of Dance in Society
KNSS 270 (3)	Leadership and Instruction in Physical Activity	KPAC/KDNC (1.5) One Physical Activity or Dance course	
		KPAC 290 (1.5) Metabolic Conditioning	
Option (3)	Approved Option ENGL 219 recommended	Option (3)	PSYC 260 or ENGL 220 recommended

SUGGESTED YEAR 2 SEQUENCE

PSIO 258 (3)	Elementary Physiology I
PSIO 259 (3)	Elementary Physiology II
KNSS 202 (3)	Physiology of Exercise
KNSS 209 (3)	Measurement and Evaluation
KNSS 244 (3)	Introduction to Nutrition
KNSS 250 (3)	Introduction to the Administration of Sport, Physical Activity, and Recreation Programs
KNSS 299 (3)	Directed Study in Kinesiology and Sport Studies
KPAC 321 (3)	Applied Resistance Training
Two of:	BADM 132 (3) Introduction to Marketing (No UofC transfer) BUS 201 (3) Introduction to Business KNSS 203 (3) Skill Acquisition and Performance KNSS 205 (3) History of Sport KNSS 220 (3) Athletic Therapy or KNSS 280 (3) Outdoor Education ¹ KNSS 253 (3) Psychological Sport Performance KNSS 307 (3) Growth and Development KPAC/KDNC (3) Two (1.5 credit) or One (3 credit) Physical Activity or Dance Course(s) PSYC 260 (3) Basic Psychological Processes

NOTES:

1. Students who choose KNSS 280 must take a mandatory camp during the fourth week of August.

Graduation and Promotion:

1. The diploma program requires the completion of the previously listed courses or acceptable replacement courses.
2. You must complete all courses with a minimum cumulative grade point average (CGPA) of 2.0 with no grade lower than a "D" in any course to receive the Kinesiology & Sport Studies Diploma.
3. The Fitness and Health Promotion Diploma also requires the completion of the following certifications:
 - AFLCA - Alberta Fitness Leadership Certification Association certification in one of four specialties: Older Population, Aerobic, Aquatic, Resistance Training. (AFLCA Certification includes CPR) **OR** the NCCP Level 1 Weightlifting-Instructional Stream course
 - AFLCA Group Exercise **OR** the NCCP Level 1 Weightlifting—Instructional Stream course
 - CSEP-CPT (Canadian Society for Exercise Physiology-Certified Personal Trainer): Students are able to write the CSEP-CPT national certification examination upon completion of their Fitness and Health Promotion Diploma coursework.
 - Athletic First Aid (standard First Aid acceptable) and CPR Level B or CThese certifications are available through the Kevin Sirois Fitness and Resource Centre at Red Deer College at a cost of approximately \$60 to \$150 per certification.

TRANSFER FEATURES:

The courses required for this diploma are transferable to the University of Alberta and the University of Calgary unless otherwise noted. If you are considering transfer to the U of A or the U of C after completing this diploma, please refer to the Academic Planning Guides labeled "Red Deer College General Diploma in Kinesiology and Sport Studies, University of Alberta, Bachelor of Physical Education" or "Red Deer College General Diploma in Kinesiology and Sport Studies, University of Calgary, Bachelor of Kinesiology" for details on admission and transfer to these programs. Students interested in transferring to the University of Lethbridge are advised to consult with an academic advisor. Students considering transfer to a university are advised to read the calendar of the destination university and become familiar with the Alberta Transfer Guide. An academic advisor will assist you in learning how to use these tools.

HOW TO FIND MORE INFORMATION

RDC Chairperson

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Room: 2002-F
Phone: (403) 314-2445
Email: sharon.hamilton@rdc.ab.ca

Program website:

www.rdc.ab.ca/academic_departments/kinesiology_sports_studies/

RDC Academic Advising

Room 1102
Phone: (403) 342-3400
Email: advisors@rdc.ab.ca

RDC Website

<http://www.rdc.ab.ca>

RDC Timetable

http://www.rdc.ab.ca/academic_calendar/timetable/

Alberta Transfer Guide

<http://www.acat.gov.ab.ca>

PLEASE NOTE:

Please be aware that you are responsible for ensuring that your registration is complete and appropriate and that your course choices comply with the program to which you have been admitted at Red Deer College and/or to the university to which you wish to transfer (if applicable).

You are cautioned that any changes to your courses, your major or your transfer destination may adversely affect your transferable credit (if applicable), admission requirements for future programs, or eligibility to graduate from Red Deer College. Please consult with an academic advisor if you have any questions.

The function of academic advisors is to provide students with information and resources that enable them to make informed decisions relevant to their education. These resources include the Red Deer College Calendar, the Academic Planning Guide for your chosen program and destination university (if applicable), the Alberta Transfer Guide and the calendar and contact information for your destination university (if applicable). Academic advisors will assist you in interpreting information from these resources or refer you to your destination university if appropriate. Students in university transfer programs are strongly advised to refer to the calendar of the university to which they wish to transfer and should contact appropriate university departments as required.