

Exercise Science for Health and Performance

1-Year Graduate Certificate



Gain the skills needed to help high-performance athletes reach their performance goals and design programs for individuals with health challenges that enable them to lead healthier lives.

As an Exercise Science for Health and Performance graduate, you assess, counsel and prescribe programs for athletes and individuals with high blood pressure, diabetes, heart conditions, obesity issues and other chronic conditions.

HIGHLIGHTS

- › Hands-on learning opportunities offered through athletic and fitness facilities including assessment and weight training labs and state-of-the-art testing and training equipment for high-performance athletes and clients with chronic conditions.
- › Combines theoretical classroom learning with two work placements.
- › Gain the knowledge and skills required to challenge the Canadian Society for Exercise Physiology (CF) – Clinical Exercise Physiologist (CEP) certification exam, the highest level of certification in the Canadian fitness industry, with NC CEP Instructor Examiners.
- › Graduates can seek other professional certifications including the CSEP High Performance Specialization, CSEP Certified Personal Trainer, NSCA Certified Strength and Conditioning Specialist, and COKO Registered Kinesiologist Exam.

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CAREER OPPORTUNITIES

- › Canadian Armed Forces
- › Hospital (cardiac and pulmonary area)
- › Municipal and community services
- › Occupational testing company
- › Organization with corporate wellness program
- › Private fitness centre
- › Private practice
- › Rehabilitation unit
- › Sport institute
- › Wellness centre



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