



Fitness and Wellness Management

SCHOOL OF HEALTH AND PUBLIC SAFETY

Overview

Do you like to motivate others to live a healthier lifestyle? Do you care about supporting people in their health and wellness journey?

Our Fitness and Wellness Management program is designed for those passionate about health and well-being.

In this program, you will:

- learn about the physical and mental aspects of healthy living
- understand the psychological factors affecting physical fitness and sports
- apply knowledge of anatomy, exercise physiology, and biomechanics
- create tailored fitness programs for diverse client needs
- master the art of conducting safe and effective fitness assessments and evaluations
- discover fitness activities unique to specific geographies and climates
- study nutrition to support clients' health and wellness goals
- develop business acumen for managing and growing fitness programs
- learn strategies to attract and retain program members
- acquire digital skills for online fitness coaching and program delivery
- enhance your ability to motivate, understand, and support clients.

You will graduate with health and performance-related physical and physiological fitness certifications, opening up many career opportunities, including roles as a group exercise instructor, personal trainer, program designer, wellness coach, youth program facilitator, fitness manager, and development coach.

If you want to make a tangible impact on community health, fitness and wellness and are keen on pursuing a career that offers both personal fulfillment and professional growth, this program is for you.

Traits, skills and aptitudes

Those in fitness and wellness management tend to be social, methodical, and innovative.

You need:

- emotional maturity and a healthy lifestyle
- self-confidence
- honesty, patience and empathy
- to be highly organized
- the ability to motivate and encourage people
- the ability to think quickly and adapt to unexpected changes.

Some occupations require shift work and extended hours, including nights and weekends.

You should enjoy living a healthy lifestyle, developing new ways to promote good health and helping others achieve personal health goals.

You are strongly encouraged to refer to the [ALIS website for career, learning, and employment information for personal trainers and group exercise leaders](#) to ensure you can successfully meet the occupational requirements for the program and profession.

Professional designations and certifications

You will graduate with the Health and Fitness Federation of Canada Certified Personal Trainer (HFFC- CPT) certification.

You'll also be ready to take the Canadian Society for Exercise Physiology Certified Personal Trainers (CSEP-CPT) exam.

Credentials

Upon successful completion of this program, you'll be awarded a SAIT Fitness and Wellness Management diploma.

Practicum, Co-op and Work Integrated Learning

You will participate in two required practicum placements, with consideration given to your preference of location. However, due to limited availability in Calgary, it might be necessary for you to travel or relocate outside the city. Special considerations will not be accommodated.

In compliance with the practica agreements with our clinical partners, you will be required to provide specific documentation before you can participate in your practicum. [Find out what requirements you need for this program.](#)

International students must also complete their [Immigration Medical Exam \(IME\)](#) and obtain a [co-op work permit](#) to attend practicum. For more information, please contact the [International Centre](#).

Admission requirements

Applicants educated in Canada

All applicants must demonstrate [English language proficiency](#) and meet the following requirements or equivalents:

- at least 65% in Biology 30 or Science 30, and
- at least 65% in Math 20-1 or Math 20-2, and
- at least 65% in English Language Arts 30-1 or English Language Arts 30-2.

SAIT accepts [high school course equivalents](#) for admission for applicants educated outside Alberta.

Applicants educated outside of Canada

All applicants who were educated outside of Canada must demonstrate [English language proficiency](#) and provide proof they meet the program admission requirements with an international document assessment. [Find accepted educational documents and assessment options.](#)

SAIT may also accept courses completed at certain [international post-secondary institutions](#).

Costs

2024/25 tuition and fees

The following costs are effective as of July 1, 2024.

Domestic Students

Year	Number of semesters	Tuition fees	Additional fees	Total per year
1	2.5*	\$6,900	\$1,840	\$8,740
2	2.5*	\$6,600	\$1,840	\$8,440
Total cost:				\$17,180

The estimated total cost of tuition and fees for domestic students is based on the recommended course load per year.

*.5 indicates a combination of full-time semester(s) and part-time semester(s) in the same academic year. In many cases, students are completing a practicum during their part-time semester. Part-time students are those taking less than nine (9) course credits in a semester.

International Students

Year	Number of semesters	Tuition fees	Additional fees	Total per year
1	2.5*	\$18,630	\$1,840	\$20,470
2	2.5*	\$17,820	\$1,840	\$19,660
Total cost:				\$40,130

The estimated total cost of tuition and fees for international students is based on the recommended course load per year.

*.5 indicates a combination of full-time semester(s) and part-time semester(s) in the same academic year. In many cases, students are completing a practicum during their part-time semester. Part-time students are those taking less than nine (9) course credits in a semester.

Books and Supplies

Books and supplies are approximately \$1,000-\$1,500 per full-time year.

This is a bring-your-own-device program with a standard computer hardware and software requirement. See the specific requirements on our [computers and laptops page](#).

An Apple or Android laptop or tablet is preferred to other device types. Phones are not suitable.

Find your booklist on the [SAIT Bookstore's](#) website. Booklists are created by semester and available approximately two weeks before classes begin.

Additional fees

You are responsible for additional expenses related to your practicum, including pre-practicum requirements and relocation costs to practicum sites outside of Calgary.