



Dear Successful Applicant:

CONGRATULATIONS!!!

You have been successful in securing a position within the Fitness & Health Promotion Program here at St. Clair College.

This program is one of the most over-subscribed programs at the college and we are incredibly pleased to offer you the opportunity to begin your study of this exciting field with us.

It is imperative to your success that, before accepting this position, you are aware of the challenges involved. The course is intensely delivered over a period of two years of study. During this time, you will be required to complete two mandatory clinical placement rotations.

These rotations consist of one 75-hour placement during second semester and a 240-hour placement during your fourth semester throughout the Windsor-Essex County area. Costs incurred during these clinical placements will be the responsibility of the student and will include travel expenses. In addition, the student must provide their own transportation to and from the clinical site on a weekly basis.

Once again, we welcome you to the program and look forward to assisting you on the road to a rewarding career in the fitness industry.

Best regards,

School of Health Sciences

Things to Do:

*These items may be completed at any time; however, they **MUST** be completed a minimum of one month before a student is allowed to go to clinical. The first clinical placement begins in January of the first year. If a student fails to meet with these requirements, the student will not be allowed to go to clinical and may be significantly delayed while the conditions are being fulfilled. This could result in a grade of “unsatisfactory” for that semester. It is your responsibility to ensure that all the items listed below be kept valid for the duration of the program.*

1. **Apply for your police clearance**—** Information is available at the following site:
<http://www.stclaircollege.ca/programs/police-clearances>

Reminder-- ID/Photo ID will be required i.e., Passport, License, etc. as well as payment (cost differ in each municipality). **Ensure your name is spelled correctly.**

Police Clearances are required for clinical all placements. You are required to retain your original copy and keep it in a safe place. You may also be required to bring a copy with you to your clinical placement. Keep in mind that police clearances may take several weeks to arrive. Individuals are randomly selected for finger printing—this may also delay receiving your Police Clearance! More information is available on the college web page under *Current Students*—scroll down to *Police Clearances*. If your city of residence requires a letter from the school to attain the certificate, please contact Ms. Genie Magliaro
gmagliaro@stclaircollege.ca

2. **Purchase your uniform from the St. Clair College Bookstore.** I would encourage all students to double check the fit of their uniform—assuring the ability to sit, bend, crouch, and reach... while maintaining proper coverage. **The uniform is to be worn while on clinical placements. NO EXCEPTIONS.**



Adidas Athletic Pants, Shorts, T-Shirt (Long and Short sleeve) Available. Students must wear a top and a bottom garment during their clinical placement. Hoodies can be ordered through the bookstore and worn as the top part of their uniform. All other uniform pieces will be available to buy inside the bookstore without pre-ordering.

- 3. Books-** The books will be in the Campus Book Store under their course codes. The following are the course codes for first semester classes:

FHT101 Structure & Function of the Human Body

FHT102 Nutrition of Wellbeing

FHT105 Group Fitness Leadership I

FHT106 Computer Tools for Fitness Professionals

FHT100 Wellness & You

- 4.** Review the requirements for your clinical placements: see the “Placement Tab” in the FHP program page.