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

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 roles in this field 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, athletic coaches, and recreation coordinators, to ensure you can successfully meet the occupational requirements for the program and profession.

SAIT program pathways

Graduates of SAIT's Pre-Health Sciences program may meet the admission requirements for this program.

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.

The healthcare field has a strong focus on health, wellness, and fitness to practice due to the demanding nature of the work and Occupational Health and Safety requirements. As such, special considerations will not be granted based on individual circumstances or

preferences, except those stated as protected grounds when an accommodation has been approved.

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.

Accreditations, designations and certifications

This program is recognized as one of the Canadian Society for Exercise Physiology recommended course maps and will prepare you to pursue Certified Personal Trainer (CPT) certification.

In addition, you'll also be eligible to apply for the Health and Fitness Federation of Canada Certified Personal Trainer (HFFC- CPT) certification.

Credentials

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

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

2026/27 tuition and fees

The following costs are effective as of July 1, 2026.

The estimated total cost of tuition and fees is based on the suggested schedule of study. Following a modified schedule will impact the fees you pay per semester and may alter final costs.

Domestic Students

Year	Number of semesters	Tuition fees	Additional fees	Total per year
1	2.5*	$6,900	$2,015	$8,915
2	2.5*	$6,600	$2,015	$8,615
			Total cost:	**$17,530**

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

Year	Number of semesters	Tuition fees	Additional fees	Total 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. You are not eligible for the UPass during a part-time semester.

International Students

The program total is based on the estimated amount you will pay if you enter this program during the 2026/27 academic year. The program total amount listed on your letter of admission may appear higher. This amount is your maximum tuition guarantee for the program. SAIT will not exceed this maximum, regardless of changes in tuition and fees between academic years.

Year	Number of semesters	Tuition fees	Additional fees	Total per year
1	2.5*	$19,354.50	$2,015	$21,369.50
2	2.5*	$18,513	$2,015	$20,528
			Total cost:	**$41,897.50**

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. You are not eligible for the UPass during a part-time semester.

Books and Supplies

Books and supplies are approximately $1,000 to $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 Windows-based 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

- The School of Health and Public Safety strongly recommends that students meet Alberta Health Services' Standard for Immunization of Post-Secondary Health Care Students. Fees for completing immunization requirements start at $85, however, may increase, depending on your vaccination history, and any new immunizations you choose to acquire.
- You are responsible for additional expenses related to your practicum, including pre-practicum requirements and relocation costs to practicum sites outside of Calgary.