



**TRANSFER CREDIT POLICY:**

FOR GRADUATES OF

**FLEMING COLLEGE'S**

**FITNESS AND HEALTH PROMOTION DIPLOMA**

ORIGINAL IMPLEMENTATION DATE: NOVEMBER 2025

## 1. ADMISSION REQUIREMENTS

1.1. To qualify for this agreement, students must have:

- Successfully completed Fleming College's Fitness and Health Promotion Diploma;
- A minimum overall average of 75%.

NOTE: A higher average may be required, depending on the major chosen. More information is available at <http://trentu.ca/futurestudents/admissions/>.

1.2. Students must meet all specific admission and enrollment standards, and requirements for the selected program. Students will be accepted subject to capacity, if applicable.

## 2. TRANSFER OF CREDITS

2.1. Students will receive the following transfer credits, based on cohort(s) indicated:

Fall 2025 Cohort and Onwards		
Courses Completed at Fleming College	Course Equivalencies at Trent University	# of Credits Received
HLTH 356 – Human Biology of Movement (30 hours); HLTH 454 – Introduction to Human Biology for the Health and Wellness Professional (45 hours)	BIOL 1501H – Human Anatomy and Physiology 2	0.5
INDG 49 – Introduction to Indigenous Studies (45 hours)	INDG 1001H – The Foundation for Reconciliation	0.5
COMM 202 – Communications II (45 hours)	WRIT 2002H – Write It Up: Effective Communication	0.5
RECR 146 – Application of Leisure, Physical Activity and Group Exercise (60 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 22 – Foundations of Fitness, Recreation and Leisure (45 hours)	0.5 unassigned Kinesiology credit at the 2000 level	0.5
HLTH 374 – Exercise Prescription One (28 hours); HLTH 375 – Exercise Prescription Two (28 hours)	0.5 unassigned Kinesiology credit at the 3000 level	0.5
COMM 252 – Communications I for Health Professionals (45 hours)	0.5 unassigned Arts credit at the 1000 level	0.5
Completion of all program components	1.0 unassigned Arts credit at the 1000 level; 0.5 unassigned Science credit at the 1000 level	1.5
Fall 2023 Cohort to Fall 2024 Cohort		
Courses Completed at Fleming College	Course Equivalencies at Trent University	# of Credits Received
HLTH 356 – Human Biology of Movement (30 hours); HLTH 454 – Introduction to Human Biology for the Health and Wellness Professional (45 hours)	BIOL 1501H – Human Anatomy and Physiology 2	0.5
INDG 49 – Introduction to Indigenous Studies (45 hours)	INDG 1001H – The Foundation for Reconciliation	0.5
COMM 201 – Communications I (45 hours)	WRIT 1001H – Write in Time	0.5

COMM 202 – Communications II (45 hours)	WRIT 2002H – Write It Up: Effective Communication	0.5
RECR 146 – Application of Leisure, Physical Activity and Group Exercise (60 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 22 – Foundations of Fitness, Recreation and Leisure (45 hours)	0.5 unassigned Kinesiology credit at the 2000 level	0.5
HLTH 374 – Exercise Prescription One (28 hours); HLTH 375 – Exercise Prescription Two (28 hours)	0.5 unassigned Kinesiology credit at the 3000 level	0.5
Completion of all program components	1.0 unassigned Arts credit at the 1000 level; 0.5 unassigned Science credit at the 1000 level	1.5

2.2. As these credits recognize areas covered in Fleming College’s Fitness and Health Promotion Diploma program rather than the completion of Trent University courses, numerical grades will not be recorded on the Trent transcript. Completion of these credits will be recognized with a pass grade. 2.1 will be updated to reflect new cohort blocks, as necessary.

### **3. PROGRAM REQUIREMENTS**

3.1. Credits required and campus location will depend on the specific major chosen. A list of available programs is available at <http://trentu.ca/futurestudents>.

3.2. Transfer credits can be applied to most programs at Trent. Following admission, students are encouraged to meet with an academic advisor regarding the best degree path and a plan for degree completion.

### **4. IMPLEMENTATION AND REVIEW**

The block of transfer credits is subject to review whenever either party makes curricular changes that impact the credits received. When a change occurs. The Articulation and Transfer Pathways Office will ensure that appropriate cohort updates are made and that recommended program(s) of study are adjusted, as necessary.

### **5. ACCEPTANCE OF AGREEMENT**

I, the undersigned, as the representative of Trent University confirm the implementation of this transfer credit policy.

For, and on behalf of,  
Trent University

Eliza Nicholson

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Eliza Nicholson  
Director, Recruitment and Admissions

Nov 26, 2025

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Date

**TRANSFER CREDIT POLICY UPDATES:**  
**FOR GRADUATES OF**  
**FLEMING COLLEGE'S**  
**FITNESS AND HEALTH PROMOTION DIPLOMA**  
ORIGINAL IMPLEMENTATION DATE: NOVEMBER 2025

Fall 2025 Cohort and Onwards <i>Updated: January 2026</i>		
Courses Completed at Fleming College	Course Equivalencies at Trent University	# of Credits Received
HLTH 356 – Human Biology of Movement (30 hours); HLTH 454 – Introduction to Human Biology for the Health and Wellness Professional (45 hours)	BIOL 1501H – Human Anatomy and Physiology 2	0.5
INDG 49 – Introduction to Indigenous Studies (45 hours)	INDG 1001H – The Foundation for Reconciliation	0.5
HLTH 176 – Fitness Assessment (30 hours) HLTH 374 – Exercise Prescription One (28 hours); HLTH 375 – Exercise Prescription Two (28 hours)	KINE 4005H – Exercise Testing and Prescription	0.5
COMM 202 – Communications II (45 hours)	WRIT 2002H – Write It Up: Effective Communication	0.5
HLTH 182 – Advanced Coaching Techniques (45 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 146 – Application of Leisure, Physical Activity and Group Exercise (60 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 147 – Coaching and Leadership Development (60 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 22 – Foundations of Fitness, Recreation and Leisure (45 hours)	0.5 unassigned Kinesiology credit at the 2000 level	0.5
RECR 24 – Program Planning for Recreation and Fitness (45 hours)	0.5 unassigned Kinesiology credit at the 2000 level	0.5
COMM 252 – Communications I for Health Professionals (45 hours)	0.5 unassigned Arts credit at the 1000 level	0.5
Completion of all program components	2.0 unassigned Arts credit at the 1000 level; 0.5 unassigned Science credit at the 1000 level	2.5
Fall 2023 Cohort to Fall 2024 Cohort <i>Updated: January 2026</i>		
Courses Completed at Fleming College	Course Equivalencies at Trent University	# of Credits Received
HLTH 356 – Human Biology of Movement (30 hours); HLTH 454 – Introduction to Human Biology for the Health and Wellness Professional (45 hours)	BIOL 1501H – Human Anatomy and Physiology 2	0.5
INDG 49 – Introduction to Indigenous Studies (45 hours)	INDG 1001H – The Foundation for Reconciliation	0.5
HLTH 176 – Fitness Assessment (30 hours) HLTH 374 – Exercise Prescription One (28 hours);	KINE 4005H – Exercise Testing and Prescription	0.5

HLTH 375 – Exercise Prescription Two (28 hours)		
COMM 201 – Communications I (45 hours)	WRIT 1001H – Write in Time	0.5
COMM 202 – Communications II (45 hours)	WRIT 2002H – Write It Up: Effective Communication	0.5
HLTH 182 – Advanced Coaching Techniques (45 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 146 – Application of Leisure, Physical Activity and Group Exercise (60 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 147 – Coaching and Leadership Development (60 hours)	0.5 unassigned Kinesiology credit at the 1000 level	0.5
RECR 22 – Foundations of Fitness, Recreation and Leisure (45 hours)	0.5 unassigned Kinesiology credit at the 2000 level	0.5
RECR 24 – Program Planning for Recreation and Fitness (45 hours)	0.5 unassigned Kinesiology credit at the 2000 level	0.5
Completion of all program components	2.0 unassigned Arts credit at the 1000 level; 0.5 unassigned Science credit at the 1000 level	2.5