

HEALTH & WELLNESS

Postgraduate Certificate

Peterborough, Ontario, Canada

PGWP Eligible Program - CIP Code: 51.0001

Learn the cutting-edge skills today's employers are looking for and earn the postgraduate certificate in as little as 16 months by completing this 2-year program in an accelerated timeline.

trentu.ca/pgc

ADMISSION REQUIREMENT

This Postgraduate Certificate is available to students who hold an undergraduate degree from any accredited university and have an IELTS overall score of 6.5, with no band below 6.0.

- **Campus:** Peterborough
- **Starting Term:** Fall
- **Duration:** 16 Months
- **Total Fees:** CA \$24,078 per year
- **Application Deadline:** June 15



Advance Your Career in Health & Wellness

EARN YOUR POSTGRADUATE CERTIFICATE IN 16 MONTHS AND ENHANCE YOUR PROFESSIONAL SKILLS

Trent University's postgraduate certificate in Health & Wellness, offered at the Peterborough campus, is a 16-month accelerated program designed to provide essential knowledge and skills in health promotion, wellness, and illness prevention. Key topics include health communication, mental health, lifestyle management, and program evaluation.

The program explores the relationship between behavior and health, equipping you with practical insights into promoting healthy living and managing wellness programs. You'll study subjects like health psychology, health communications, and exercise in chronic disease, preparing you for a range of careers in health education, public health, and wellness management.

Graduates gain a combination of theoretical knowledge and career-focused skills, making them competitive candidates in the health sector. With guidance from Trent's expert faculty and career services, you'll be well-prepared to make a meaningful impact in the field of health and wellness.

CAREER SUPPORTS AND OPPORTUNITIES

- **Career Counseling:** Students can access personalized guidance to explore career options, refine goals, and develop job-search strategies tailored to their aspirations and international backgrounds.
- **Workshops and Skill Development:** Trent Career Space offers workshops focused on critical skills like resume writing, interview preparation, and networking to help students enhance their employability.
- **Job Search Resources:** International students have access to job boards, internship listings, and career fairs through CareerSpace, connecting them to a wide range of employment opportunities.
- **Internships and Practical Experience:** While co-op opportunities may vary, Trent Durham helps students explore options for gaining relevant work experience through internships or other placements.
- **Cultural Integration and Workplace Support:** Specialized services are available to help international students adjust to Canadian workplace culture, providing valuable insights into local job markets and professional expectations.

trentu.ca/careerspace/

PETERBOROUGH AND KAWARTHA LAKES, ONTARIO, CANADA

The logo for Peterborough, Ontario, featuring a stylized blue wave icon above the word "peterborough" in a lowercase, sans-serif font.

The logo for Kawartha Lakes, Ontario, featuring the word "Kawartha" in a serif font and "Lakes" in a sans-serif font, both in blue, with a circular emblem containing a white bird silhouette to the right.

Peterborough and Kawartha Lakes, located in central Ontario, offer a unique combination of urban living and rural charm. Peterborough, the region's largest city, provides a vibrant cultural scene, with strong educational institutions like Trent University and a rich history. Kawartha Lakes, known for its scenic lakes and small-town feel, offers a peaceful escape with ample outdoor activities. The region is experiencing steady growth, with a current population of over 130,000, and is projected to expand in the coming years. Close to Toronto, the region provides easy access to Canada's largest city while maintaining a relaxed, community-focused atmosphere. The economy is diverse, with opportunities in education, healthcare, tourism, and manufacturing.





CAREER PATHS

- Health Educator
- Public Health Specialist
- Wellness Program Manager
- Mental Health Coordinator
- Exercise Physiologist
- Health Communication Specialist
- Lifestyle Coach
- Program Evaluation Specialist
- Health Promotion Specialist
- Chronic Disease Management Coordinator
- Occupational Health Consultant
- Community Health Worker
- Behavioral Health Consultant
- Wellness Consultant
- Health Policy Analyst

TUITION

Post-graduate Certificate (Per Academic Year)

CA \$ US \$*

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Tuition	\$21,069	\$15,171
Ancillary & Levy Fees	\$3,009	\$2,166
Housing & Meals	\$11,000-\$16,500	\$7,920-\$11,880
Books & Supplies	\$1,500	\$1,080
Personal	\$2,000	\$1,440
Total	\$38,578-\$44,078	\$27,776-\$31,736

* Note: The above USD amounts are calculated based on an exchange rate of 1 CAD = 0.72 USD. Tuition fees are payable in CAD; USD values are for reference only.

COURSES

Term 1 Course Requirements

- KINE 1001H: Introduction to Kinesiology and Personal Health
- SOCI 1001H: Introduction to Sociology I
- HEAL 2005H: Health and Risk Behaviour
- PSYC 2200H: Brain and Behaviour

Term 2 Course Requirements

- HEAL 1005H: Foundations of Health and Behaviour
- HEAL 3755H: Program Evaluation in Health and Health Care Evaluations
- SOCI 3631H: Sociology of Medicine
- NURS 5005H: Diverse Perspectives on Dementia
- NURS 2015H: Critical Perspectives on Aging

Term 3 Course Requirements

- HEAL 3001H: Factors Affecting Health and Behaviour
- GESO 2002H: Health Humanities
- SOCI 2630H: Sociology of Health & Illness
- PSYC 2300H: Introductory Abnormal Psychology

Term 4 Course Requirements

- HEAL 3002H: Health Communications
- KINE 4710H: Exercise in Chronic Disease
- HEAL 4001H: Changing Health Behaviour—Health Promotion
- HEAL 4700H: Lifestyle and Mental Health
- NURS 5009H: Advanced Mental Health Nursing Practice IV: Fundamentals of Cognitive Behaviour Therapy - CBT

PGWP FOR INTERNATIONAL STUDENTS

After completing a 2-year certificate program, you might be eligible for a 3-year post-graduation work permit (PGWP).

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APPLY NOW

- trentu.ca/pgc
- +1 705 748 1314
- international@trentu.ca

Trent University Peterborough A Campus Defined by Nature, Driven by Innovation

Defined by the Otonabee River and connected by the iconic Faryon Bridge, Trent's Peterborough Campus is a place of possibility, curiosity, and beauty. Our breathtaking campus provides a spectacular natural and architecturally inspiring backdrop for tomorrow's groundbreaking ideas.

A transformative Learning Experience just 90 minutes from downtown Toronto, the Peterborough Campus offers an impressive range of academically rigorous programs across the arts, sciences, and professional fields like business, education, and health sciences. With extensive co-op opportunities and pathways to graduate studies and professional careers in law and medicine, students can tailor their education to meet their ambitions.

Here, academic excellence combines with state-of-the-art facilities, opportunities to get involved, and robust career experiences in a personal, close-knit community to create a truly transformative student experience.

trentu.ca/international



CONNECT WITH US



705.748.1314



international@trentu.ca



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TrentUInternational



TrentUInternational



We are thrilled to have you as part of our vibrant community of advanced learners here at Trent University. Embarking on this journey of growth and discovery can be both exciting and challenging, but with the support of world-class faculty, dedicated staff, and a welcoming student community, you're set to thrive. Our iconic Peterborough campus, framed by the Otonabee River and Faryon Bridge, is more than a place to study — it's a space to connect, create, and achieve your goals. Welcome to an extraordinary adventure — we're here to support you every step of the way."

Dr. Sarah West
Dean of Science
Trent University

