WE ARE

ACTION, ADVENTURE, AND HOT, HOT STUFF!

HUMBER
School of Hospitality, Recreation & Tourism

humber.ca/hospitality
YOU HAVE A WHOLE SCHOOL BEHIND YOU!

Our team of industry experts have worked all over the world and are bringing a wide range of real life experience to the classroom.

Meet Your Dean and Associates

Susan Somerville RD
Dean, School of Hospitality, Recreation and Tourism

Rudi Fischbacher
MBA, CCC
Associate Dean - Culinary, Hospitality and Tourism programs

Kristan Lingard M.Sc, R.Kin, CEP, ACSM CES,
Associate Dean - Health and Wellness programs

Our school prides itself in attracting the highest caliber of teachers with a broad range of credentials and industry experience. We teach and learn in state-of-the-art labs and facilities. Our programs have integrated work experience so our graduates are career ready.

Visit our website to find out everything we have to offer at: humber.ca/hospitality

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Fitness offers freedom to those who want to move up in their career or those who want to take advantage of entrepreneurial opportunities.

From Sport & Recreation to Fitness & Health through to Massage Therapy, these programs are for people who are action-oriented.
Fitness and Health Promotion

Our Program

• Taught by expert, industry-connected faculty.
• Combines classroom theory, hands-on training and real-world experience.
• Prepares students to plan, market and deliver safe and effective fitness, wellness and healthy lifestyle programs.
• Comprehensive curriculum includes courses in:
  - exercise fundamentals,
  - anatomy,
  - physiology,
  - biomechanics,
  - business administration and marketing,
  - nutrition,
  - injury management,
  - and special events planning.
• A strong practical component includes:
  - resistance training,
  - group exercise classes,
  - cardiovascular training,
  - plyometrics,
  - and flexibility training.
• National and international certifications - CPT, PTS, FIS and RHEP-CPT.

Your Career

• Demand for fitness professionals is expected to increase by 30% by 2018.
• A positive, interactive and life-affirming field.
• Graduates find success:
  - as personal trainers,
  - as fitness appraisers,
  - as group exercise instructors,
  - as program directors,
  - in wellness consulting,
  - in health promotion,
  - opening their own business or fitness franchise,
  - working in fitness clubs, community,
  - and corporate centres, resorts, municipal facilities and day camps.

Work Placement

• Unpaid internship in the final semester: 40 hrs/week for 7 weeks.
• Hands-on training integral to success.
• Builds connections and relationships in the industry.
• Opportunities across Canada and Europe.

Future Study Options

• Bachelor of Applied Science – Kinesiology degree.
  - through partnership with the University of Guelph,
  - transfer to 3rd year with summer bridging course.
• Apply academic credits toward further study at many postsecondary institutions.

Program Code: 10331
Banner Program Code: FITN_HLTH_D
Diploma
North Campus:
Four semesters, beginning in Sept., Jan. and May
Orangeville Campus:
Four semesters, beginning in September

Contact Info:
Crystal Pole-Langdon
416.675.6622 ext. 5194
crystal.pole-langdon@humber.ca

Work Placement

• Unpaid internship in the final semester: 40 hrs/week for 7 weeks.
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• Opportunities across Canada and Europe.

Future Study Options

• Bachelor of Applied Science – Kinesiology degree.
  - through partnership with the University of Guelph,
  - transfer to 3rd year with summer bridging course.
• Apply academic credits toward further study at many postsecondary institutions.

For more information, visit humber.ca/transferoptions
Recreation and Leisure Services

Our Program

- Prepares students for careers to plan, deliver and manage a wide variety of government and private recreation organizations and initiatives.
- Covers all aspects of the business:
  - Recreation programming,
  - Special events management,
  - Facility operations,
  - Marketing,
  - Staff management.
- Was designed with industry collaboration.
- Includes hands-on computer training on Active Network—the most widely used registration management software.
- Taught by professors, managers, and directors of popular recreation centres and agencies.
- Includes membership with Parks & Recreation, Ontario.
- Utilizes a variety of teaching approaches including guest speakers, field trips and practical training.
- Prepares students for certification:
  - HIGH FIVE Principles of Healthy Child,
  - QUEST training,
  - Inclusive Recreation Programming, Level 1.

Your Career

- Graduates are dedicated professionals fulfilling an increasing need to help people live healthier, active lives.
- Employment opportunities are in a broad range of sectors, including:
  - municipal governments,
  - sport organizations,
  - outdoor education centres,
  - leisure centres,
  - not-for-profit agencies,
  - and commercial, recreation organizations.
- Careers include:
  - recreation programmer coordinator,
  - program supervisor,
  - special events coordinator,
  - camp supervisor,
  - aquatics supervisor,
  - and active living coordinator.

Work Placement

- Unpaid work placement in the fourth semester: 300 hours over 11 weeks.
- The school works with students to find placements with industry partners.
- First-hand experience integral to success.
- Many graduates transition internship into full-time employment.

Future Study Options

- Apply academic credits toward further study at many postsecondary institutions including:
  - A Bachelor of Recreation and Leisure Studies at Brock University,
  - A Bachelor of Arts Recreation and Leisure Studies at the University of Waterloo.

For more information, visit humber.ca/transferoptions
Massage Therapy

**Our Program**
- Teaches students the knowledge and skills to:
  - conduct a patient assessment,
  - develop and deliver effective treatment plans,
  - and evaluate the outcome.
- Prepares students to write the examination set by the College of Massage Therapists of Ontario to become a Registered Massage Therapist.
- Incorporates the business and communication skills necessary for successful entrepreneurship.
- Covers a comprehensive array of massage theory, physiology and clinical skills.
- Has extensive hands-on experience that puts classroom theory into real-world practice.

**Your Career**
- Is in the growing health care industry.
- Involves collaborating with patients and many types of health professionals to promote health, manage complex conditions, and improve the health and well-being of patients.
- Massage therapists work in:
  - health clinics,
  - spas,
  - nursing or long-term care homes,
  - health and fitness clubs,
  - sports organizations,
  - and hospitals.

**Work Placement**
- On-the-job training and practice integral success.
- 7 unpaid internships.
- 4 on campus – in massage therapy clinic.
- 3 off campus – in a variety of health-care settings with a diverse patient group.
- Hands-on training provides a depth and breadth of clinical experience.

**Future Study Options**
- Academic credits can be applied toward degree programs at many postsecondary institutions including:
  - Wilfred Laurier University,
  - Lakehead University,
  - and UOIT among others.

For more information, visit [humber.ca/transferoptions](http://humber.ca/transferoptions)
Massage Therapy Lab

This lab contains the high quality equipment required for students to learn and practice massage therapy including:

- Adjustable electric massage tables.
- Hydrotherapy equipment including hydrocollator packs.
- Paraffin wax baths.
- Exercise balls and tubing, which are just some of the materials used during laboratory and clinical courses to enhance the student’s education and practice.

Program

You will learn the most pertinent information while applying your knowledge and gaining experience in the field. We emphasize both theoretical knowledge and applied skills.

Learn about the science of human movement. From cell biology and biomechanics to human anatomy to and fitness assessment, you will understand how the body works – all bodies, of all ages, in all states.

Seeing your knowledge take shape doesn’t begin when the learning ends – it happens simultaneously. Practice what you learn in some of the best labs Canadian universities have to offer. And with more than 240 hours of practical experience over four years, you’ll see what it means to work in the field. The collective experience is like no other.

Your Career

Whether you choose to become a physician, a physiotherapist, a nutrition researcher, or a health policy advisor – you’ll have the most relevant knowledge base and real life experiences to get you there.

Honours Bachelor of Applied Science in Kinesiology

Visit guelphhumber.ca for more information
Sport Management

Our Program

- Prepares students to manage all aspects of the business of sport.
- Was designed with industry collaboration – it’s current and relevant!
- Teaches the administrative, organizational and business skills that drive success.
- Covers all aspects of the industry including:
  - Governance structure of organizations,
  - Rules and regulations governing sports,
  - Coaching standards,
  - Tournament hosting and scheduling,
  - Sport sponsorship development.
- Utilizes a variety of teaching approaches including guest speakers, field trips and practical training.
- Prepares students for multiple industry certifications.

Your Career

- Is in an exciting industry with predicted growth.
- Includes a variety of opportunities such as:
  - sport event and marketing coordinator,
  - sponsorship coordinator,
  - executive director or program manager,
  - coordinator coaching development,
  - ticket sales controller supervisor,
  - account executive,
  - coordinator fan experience,
  - facility, campus recreation of varsity manager.
- Find employment with:
  - amateur or professional sports teams,
  - community sport and recreation agencies,
  - sport governing bodies,
  - sport event management organizations,
  - intercollegiate athletics,
  - private facilities,
  - and within the sporting goods industry.

Work Placement

- Two internships in semesters five and six.
- Internship program developed with the Toronto Sports Council.
- Across industry sectors, including:
  - professional sports associations,
  - community and amateur sports bodies,
  - and private sector sports organizations.

Future Study Options

- Apply academic credits toward further study at many postsecondary institutions.

For more information, visit humber.ca/transferoptions
Fitness & Exercise Science Labs

Exercise Prescription Lab
This laboratory houses machine and free-weight resistance training and cardiovascular training equipment, plus a variety of other training and assessment tools. Students are progressively introduced to exercise techniques and programming methods in a series of courses designed to prepare graduates for personal training certification and employment in the fitness and health industry.

Fitness Assessment Lab
This multifunctional lab provides all of the equipment required for a variety of fitness and health assessment protocols. Students acquire practical skills using tools such as: metabolic carts for direct analysis of ventilation, Metriks Functional Capacity Evaluation hardware and software, electrocardiograms and simulators, Functional Movement Systems, spirometers, goniometers and pulse oximeters...to name a few.

Group Exercise Studios
Our two group exercise studios are equipped with steps, indoor cycling bikes, stability balls, resistance bands, BOSUs, and a variety of other equipment. Students are introduced to a variety of group exercise class formats, including traditional group exercise, interval and circuit training, yoga, Pilates, flexibility, kickboxing and indoor cycling in preparation for group exercise certification.

Exercise Physiology & Biomechanics Lab
This state-of-the-art lab is home to a brand new BodPod which is used for accurately measuring body composition. A Qualysis 3D motion capture system with a treadmill and built-in force plate, allows students and researchers to analyze a variety of human movement.

High Performance Lab
The High Performance Laboratory is a state-of-the-art facility that houses strength, core and circuit training equipment. The laboratory is open for use by students in Humber’s Fitness & Health Promotion program, as well as Humber varsity athletes. The Fitness & Health Promotion students use this space to practice their skills in prescribing exercise and leading personal training sessions.
Exercise Science and Lifestyle Management

Our Program
- Designed to extend a university degree in kinetics, kinesiology or physical education.
- Taught by expert faculty currently employed in the health & fitness industry.
- Comprehensive, hands-on, skill development approach to:
  - marketing and entrepreneurship,
  - fitness assessment,
  - health and lifestyle counselling,
  - exercise prescription and delivery,
  - health promotion,
  - group exercise leadership,
  - health and fitness management,
  - ergonomic assessment,
  - functional abilities assessment.
- Prepares students for multiple industry certifications in combination with their previous degree:
  - Canadian Society for Exercise Physiology;
  - Certified Personal Trainer, Certified Exercise Physiologist;
  - Canadian Fitness Professionals (canfitpro);
  - Fitness Instructor Specialist and Personal Trainer Specialist;
  - American College of Sports Medicine;
  - Certified Personal Trainer, Clinical Exercise Specialist;
  - American Council on Exercise;
  - Personal Trainer Certification;
  - National Strength and Conditioning Association;
  - Certified Personal Trainer, Certified Strength and Conditioning Specialist;
  - Canadian Kinesiology Alliance;
  - Membership through your provincial kinesiology association;
  - College of Kinesiologists of Ontario;
  - Registered Kinesiologist;
  - Metriks;
  - Functional Capacity Evaluator;
  - The Roy Matheson System;
  - Certified Work Capacity Evaluator.

Your Career
- Be part of an exciting and growing industry – 15% of Canadians belong to a health club!
- Positive impact – professional role.
- Work with people in a leadership capacity.
- Diverse opportunities to find a niche:
  - With a health club as a:
    - fitness appraiser
    - personal trainer
    - wellness specialist
    - program director
    - club manager
  - In corporations and other organizations that offer health services for employees,
  - Wellness centres at universities,
  - Sports institutes,
  - Rehabilitation units,
  - Community services,
  - Hospitals.

Work Placement
- Two unpaid internships, the first during semester two and the second following semester two.
  - The first internship is on campus where students will provide ergonomic, physical activity counselling and prescription services to Humber employees.
  - The second internship is a four-week block placement off campus with one of Humber’s industry partners.

Program Code: 14131
Banner Program Code: EXERC_SCI_GC
Certificate
Campus: North
Two semesters, beginning in September

Contact Info:
Crystal Pole-Langdon
416.675.6622 ext. 5194
crystal.pole-langdon@humber.ca
Hospitality and Tourism offers boundless opportunities to those who love to travel and experience other cultures. From Hotel and Restaurant to Travel and Tourism through to Event Planning, these career choices can really take you places.

WE ARE THE SCHOOL OF ADVENTURE

ONE-YEAR CERTIFICATE
NEW! HOTEL & RESTAURANT SERVICES (ONLINE)

DIPLOMAS
HOSPITALITY MANAGEMENT - HOTEL & RESTAURANT
TOURISM & HOSPITALITY MANAGEMENT - EVENT PLANNING
TOURISM MANAGEMENT - TRAVEL INDUSTRY SERVICES

POSTGRADUATE CERTIFICATE
HOSPITALITY & TOURISM OPERATIONS MANAGEMENT

BACHELOR OF COMMERCE
HOSPITALITY AND TOURISM MANAGEMENT
NEW! (Online)
Hotel & Restaurant Services

Our Program

- 2 semester certificate, beginning in September and May.
- Flexible study schedule – learn at your own pace and time.
- Enhance your resume with postsecondary certification in the hospitality industry.
- Online discussion groups with other students and the instructor.
- Develop supervisory skills via interactive classroom discussion, activities and real-life examples.
- Designed for self-directed learners.
- The most current, relevant content taught by faculty with extensive industry experience.
- Cover concepts in marketing and sales, leadership, service excellence and budgeting.
- An ongoing e-portfolio supports student development and enables them to showcase capabilities to potential employers.
- Pairs students with an industry mentor for guidance, skill and network development.

Your Career

- Work in the thriving hotel and restaurant industry.
- A variety of employment opportunities exist in:
  - hotels,
  - restaurants,
  - resorts,
  - bars and nightclubs,
  - attractions,
  - and event planning companies.
- Graduates take on roles as:
  - Hotel General Managers,
  - Restaurant & Bar Managers,
  - Directors of Food and Beverage,
  - Directors of Sales and Marketing,
  - Directors of Human Resources,
  - Conference and Event Managers.

Future Study Options

- Redirect entry into the 2nd year of Humber’s Hospitality Management diploma program.

For more information, visit humber.ca/transferoptions

Program Code: HR111
Banner Program Code: HTL_RES_SV_C
Certificate
Campus: Online
Two semesters, beginning in September and May

Contact Info:
Kristy Adams
416.675.6622 ext. 4668
kristy.adams@humber.ca
Hospitality Management - Hotel & Restaurant

Our Program
- Fast track option for January start – obtain diploma in 16 months.
- Develops business management skills with:
  - hands-on learning,
  - theoretical classes,
  - practical labs.
- Faculty is comprised of leading industry experts.
- Industry certifications in:
  - Smart Serve Ontario Responsible Alcohol Beverage Service Certification,
  - TrainCan – BASICS.fst Food Safety and Sanitation Certification,
  - Wine & Spirit Education Trust (WSET) Level 1 and Level 2 Certification from the International Wine Education Guild (IWEG),
  - Ontario Tourism Education Corporation (OTEC) Service Excellence Certificate,
  - Prud’homme Level 1 Beer certification.
- Teaches state-of-the-art software applications including:
  - Micros: Opera-the premier hotel management system software,
  - and Fidelio – a leading restaurant point-of-sale system.
- Curriculum includes concepts such as marketing and sales, leadership, management, and sustainability to drive career success.
- Embark on a 14-week industry placement providing you with on-the-job experience and industry contacts.
- Study abroad and travel internationally with unique opportunities in Europe and Asia.

Your Career
- A global growth industry with abundant opportunity.
- 9,000+ hotels and 72,000 restaurants operating in Canada.
- Fast paced, challenging and thrilling – share your passion for people and incredible service.
- Graduates are employed as:
  - Hotel General Managers,
  - Restaurant Managers,
  - Bar Managers,
  - Directors of Food and Beverage,
  - Directors of Sales and Marketing,
  - Directors of Human Resources,
  - Conference and Event Managers.
- Opportunity abounds - in restaurants, resorts, bars, hotels, nightclubs and event venues.

Work Placement
- 14-week placement in the final semester.
- Gain hands-on experience and establish industry contacts.
- Many students transition internship into full-time employment.
- A jump-start to a successful career!

Program Code: 01551
Banner Program Code: HOSP_MGMT_D
Diploma
Campus: North
Four semesters, beginning in September and January

Contact Info:
Kristina Dyal
416.675.6622 ext. 5176
kristina.dyal@humber.ca

Your Career
- A global growth industry with abundant opportunity.
- 9,000+ hotels and 72,000 restaurants operating in Canada.
- Fast paced, challenging and thrilling – share your passion for people and incredible service.
- Graduates are employed as:
  - Hotel General Managers,
  - Restaurant Managers,
  - Bar Managers,
  - Directors of Food and Beverage,
  - Directors of Sales and Marketing,
  - Directors of Human Resources,
  - Conference and Event Managers.
- Opportunity abounds - in restaurants, resorts, bars, hotels, nightclubs and event venues.
Tourism & Hospitality Management
– Event Planning

Our Program

- Teaches students to plan local, national and international events.
- Provides knowledge, experience, industry exposure and professional certification.
- Includes hands-on experience from first semester to last.
- Utilizes a variety of teaching approaches including:
  - in-class lectures and group work,
  - on-site event assignments,
  - guest lectures from industry professionals,
  - field trips to local events,
  - networking at industry conferences,
  - case studies.

Your Career

- Is in a fast-paced industry where special events influence consumer marketing, drive economic impact and tourism spending.
- Involves leading teams, managing logistics and executing events.
- Is a career in an expanding industry.
- Event planners.
- Design festivals and concerts.
- Arrange weddings and milestone events.
- Plan conferences and meetings.
- Organize exotic incentive travel programs.
- Work for event venues such as hotels or event suppliers such as AV production companies.

Work Placement

- Is on-the-job training integral to industry success.
- Takes classroom skills to real-life work in the field.
- Builds connections and relationships to launch a career.
- Humber has more internship hours than other event planning programs.
- Final semester internship - 3 days/week for 14 weeks.
- Many students transition internship into relevant paid employment.

Future Study Options

- Humber’s Bachelor of Commerce – Hospitality and Tourism Management degree.
- An additional 6 semesters of full-time study plus a paid work term for qualified graduates.

Program Code: 14221
Banner Program Code: TOUR_EVENT_D
Diploma
Campus: North
Four semesters, beginning in September

Contact Info:
Kristina Dyal
416.675.6622 ext. 5716
kristina.dyal@humber.ca
Tourism Management - Travel Industry Services

Our Program

- 4 semesters, beginning in September and January.
- Fast track option: start in January and complete all four semesters in 16 months.
- Teaches students to design, develop, market and sell the tourism experience.
- Explores all aspects of this exciting industry: from operations to business management to marketing.
- Travel opportunities.
- Various course field trips in different semesters.
- Familiarization (FAM) trip out of province.
- Plan and experience an international trip through 3rd semester Trip Planning elective.
- Study Abroad options.
- Extensive computer training on the most recognized software systems in the industry.
- Industry exposure - network with business leaders through: guest speakers, career fairs, clubs, special events, industry volunteer opportunities, and conferences.
- Prepares students for multiple industry certifications.

Your Career

- Is an exciting career in one of the world’s largest and most dynamic sectors.
- Is in an expanding industry – the more than 4 decades of growth is projected to continue with a shortage of qualified employees.
- Can be global or local, with lots of opportunity to travel.
- Has a wide variety of options to focus on to drive your success, including tour operations, travel agencies or tourist boards.
- In customer service, operations or reservations.
- With cruise lines or airlines.
- In product planning and niche tourism, sales and marketing or as a destination specialist.
- Graduates will be fully prepared for all major accreditations and certifications including:
  - Certified Travel Counsellor (CTC),
  - Associate Cruise Program,
  - Travel Industry Standards Certification (TICO),
  - Customer Service Excellence Certificate,
  - Ontario Tourism Education Council (OTEC).

Work Placement

- 4th semester unpaid internship – 7 weeks, 32 hours/week.
- Apply classroom skills in the workplace.
- A wide variety of exciting placements are available:
  - Retail travel agencies,
  - Tour operators,
  - Destination management companies,
  - Valuable work experience that often leads to job offers for graduates.

Contact Info:
Kristina Dyal
416.675.6622 ext. 5167
kristina.dyal@humber.ca
Hospitality & Tourism Operations Management

Our Program
• A fast-track to entry into one of the world’s most dynamic industries.
• Is for applicants with a Bachelor’s Degree in another field.
• Provides the skills needed for a career in tourism and hospitality management.
• Has a comprehensive approach to the tourism industry covering topics such as:
  - human resources,
  - strategic business planning,
  - marketing,
  - event planning,
  - e-business,
  - globalization & sustainability,
  - food & beverage management,
  - revenue management,
  - small class sizes,
  - expert faculty with strong industry connections.
• Eight-week internship provides on-the-job experience and career focused contacts.

Your Career
• Is in a fast-paced industry where special events influence consumer marketing, drive economic impact and tourism spending.
• Involves leading teams, managing logistics and executing events.
• Is a career in an expanding industry.
• Event planners.
• Design festivals and concerts.
• Arrange weddings and milestone events.
• Plan conferences and meetings.
• Organize exotic incentive travel programs.
• Work for event venues such as hotels or event suppliers such as AV production companies.

Work Placement
• 8-week internship at the end of the 2nd semester.
• A key feature of the program is the work placement at the end of the second semester.
• Previous work history helps dictates opportunity.
• Hands-on experience integral to industry success.
• Opportunity to network and build contacts.
• Many graduates transition internship to employment.

Contact Info:
Kristina Dyal
416.675.6622 ext. 5176
kristina.dyal@humber.ca

Program Code: 14101
Banner Program Code: HOS_OPER_GC
Certificate
Campus: North
Two semesters, beginning in September
Bachelor of Commerce
Hospitality and Tourism Management

Program
This degree has been designed to meet the demands of employers preparing students with the strategic, technological and managerial skills now necessary in this fast-paced industry. It combines the theory and knowledge of business administration and tourism studies with experiential learning in tourism industry sectors.

This degree begins with two common years of marketing, accounting, operations, economics and law. In years three and four, students choose their specialization and focus on advanced tourism industry management and the application of technology in tourism strategic, marketing and distribution systems.

Your Career
Today’s hospitality and tourism business leaders seek employees who have both the knowledge and experience necessary to make immediate contributions to the workplace. Hospitality and Tourism Management degree graduates can find career opportunities with employers throughout the industry, such as: tourism suppliers, tourist attractions, wholesalers, retailers and distributors, destination management organizations, and marketing firms.

Live Labs

Restaurant Training Lab
The Humber Room, at north campus, is our on-campus upscale casual restaurant training facility, that is open to the general public.

Students in our culinary programs put their practical skills to use preparing lunches and dinners in a real world environment. Students in our Food & Beverage and Hotel & Restaurant Programs put their fine dining service skills to work. The 120 seat restaurant offers world class cuisine for a fraction of the cost of eating in a fine dining restaurant.

In the summer of 2013, The Humber Room received a 1.5 million dollar renovation. This new state-of-the-art teaching restaurant is the most modern environment for student learning anywhere in North America.

Gourmet Express
Gourmet Express is a retail store, located at Humber’s north campus, where we sell an amazing array of products that have been prepared by students in the practical classes of our baking & pastry arts and culinary programs.

You can find fresh salads, home-made soups, an array of main courses, breads, pastries, tarts, cakes. In addition to the items mentioned above, quite often there is a variety of steaks, chops and roasts, which come from our butchery classes.

Food Truck
The 20 foot Humber Food Truck is ready to roll as a training ground for Humber students within the Culinary, Nutrition, Hospitality and Event Planning programs. The Food Truck is a fun new venture and a great opportunity for students to gain real life experience. The Humber Food Truck will serve a variety of foods from salads, smoothies, entrees and desserts and will be used for recruitment, curriculum and for catered special events.
Nutrition through Culinary provides an abundance of career choices from the sweet to the savoury.

Whether you want to carve out your future in Culinary, Food & Nutrition or Baking & Pastry, we have the expert faculty and the state-of-the-art facilities that can help really heat up your career.
Cook (Cuisine) Apprenticeship

Our Program

• 2 days per week for 30 weeks.
• The largest training centre for cook apprentices in the province.
• Earn while you learn – get hands-on experience with your employer while you are studying.
• Balanced combination of theory and practical classes.
• Basic and advanced levels.
• A flexible, innovative curriculum covers a wide variety of topics, such as:
  - menu planning,
  - costing,
  - wine appreciation,
  - butchery,
  - Gardemanger and Charcuterie,
  - nutrition,
  - baking,
  - purchasing,
  - product management,
  - professional industry standards.
• In school portion of training is scheduled by the MCTU.

Your Career

• There is constant demand for well-trained chefs in Canada, around the world and in a variety of settings including:
  - hotels,
  - restaurants,
  - clubs,
  - resorts,
  - hospitals,
  - corporate settings,
  - magazine test kitchens,
  - cruise ships.
• Opportunity abounds within Canada’s $60 billion food service industry.
• Working as an apprentice while you go to school will give you a jump-start to your career.

Work Placement

• Students and employers register through the local Apprenticeship Branch Office of the Ministry of Training, Colleges and Universities (MTCU).
• Help is available to get started:
  - Job Connect,
  - Local Employment Ontario office,
  - Apprenticesearch.com
• Employment is on going.

Future Study Options

• Humber’s 2-year Culinary Management Diploma.
• Culinary Co-op Diploma Apprenticeship Program.
• Institutional Cook Apprenticeship Program.

For more information about apprenticeships, visit www.tcu.gov.on.ca/eng/apprentices/app_train.html

Program Code: 06091
Banner Program Code: COOK_APP_CA
Apprenticeship Certificate
Campus: North
Sept.: Attend classes two days per week for 30 weeks
Jan. Attend classes full time, five days per week for 12 weeks

Contact Info:
Sivanithy Gnanapandithan
416.675.6622 ext. 5789
sivanithy.gnanapandithan@humber.ca

Work Placement

• Students and employers register through the local Apprenticeship Branch Office of the Ministry of Training, Colleges and Universities (MTCU).
• Help is available to get started:
  - Job Connect,
  - Local Employment Ontario office,
  - Apprenticesearch.com
• Employment is on going.

Future Study Options

• Humber’s 2-year Culinary Management Diploma.
• Culinary Co-op Diploma Apprenticeship Program.
• Institutional Cook Apprenticeship Program.

For more information about apprenticeships, visit www.tcu.gov.on.ca/eng/apprentices/app_train.html

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Institutional Cook

Our Program
• The largest training centre for cook apprentices in the province.
• Earn while you learn – get hands-on experience with your employer while you are studying.
• Balanced combination of theory and practical classes.
• Professional industry standards.
• In school portion of training is scheduled by the MCTU.

Your Career
• Prepare meals which must meet:
  - individual dietary needs and textures,
  - health requirements,
  - religious needs,
  - and cultural preferences.
• Work in:
  - long-term care homes,
  - retirement homes,
  - hospitals,
  - day care centres,
  - school dining areas,
  - correctional facilities,
  - and corporate environments.

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• Employment is on going.

Future Study Options
• Humber’s 2-year Culinary Management Diploma.
• Culinary Co-op Diploma Apprenticeship Program.
• Culinary Skills Certificate Program.

For more information, visit humber.ca/transferoptions
For more information about apprenticeships, visit www.tcu.gov.on.ca/eng/apprentices/app_train.html
Food and Beverage Service

Our Program

• Develops business management skills that drive industry success.
• Hands-on learning, theoretical classes and practical labs.
• Professional faculty share their industry expertise on topics such as: restaurant management, mixology, beer service, and wine and food pairing.
• Builds student resumes with valuable industry certifications:
  - Smart Serve Ontario Responsible Alcohol Beverage Service Certification,
  - TrainCan Basics.fst Food Safety and Sanitation Certification,
  - Wine & Spirit Education Trust (WSET) Level 1 Certification from the International Wine Education Guild (IWEG),
  - Ontario Tourism Education Corporation (OTEC) Service Excellence certificate.
• Incorporates leading edge software applications unique to the industry.

Your Career

• There is constant demand in the fast-paced, exciting world of the food services industry.
• The largest employer among tourism businesses – more than 50% of jobs in the sector.
• Abundant opportunity – 72,000+ restaurants and 9,000+ hotels in Canada.
• A variety of supervisory opportunities exist in:
  - hotels,
  - restaurants,
  - resorts,
  - bars and nightclubs,
  - catering facilities,
  - events and attractions,
  - retirement homes,
  - and institutions such as colleges or universities.

Work Placement

• 2 work placements in the final semester – 20 hours/week for 7 weeks each.
• On campus placement – managerial role in the Humber Room full-service restaurant.
• Off campus placement – restaurant, bar, hotel or attraction in the GTA.
• Hands-on experience integral to success.
• Many graduates transition internship into full-time employment.
• A jump-start to a successful career!

Future Study Options

• Pathway to Diploma – seamless transition into the two-year Hospitality Management diploma program 01551.
• Apply academic credits toward further study at many postsecondary institutions.

For more information, visit humber.ca/transferoptions

Program Code: 01771
Banner Program Code: FOOD_BEV_C
Certificate
Campus: North
Two semesters, beginning in September

Contact Info:
Kristina Dyal
416.675.6622 ext. 5176
kristina.dyal@humber.ca
Wine Tasting and Demonstration Theatre and Mixology Labs

Wine Tasting and Demonstration Theatre
A luxurious theatre where students are introduced to wines of the world and the intricacies of food and wine pairing. The lab is equipped with its own wine cellar/cooler, a demonstration induction cooking unit, glassware racks, storage and washing equipment and full audio visual and satellite broadcast capabilities.

Mixology Lab
Students learn the theory and practical skills of a wide range of beverages and mixology. A fully equipped lab for creating mixed drinks, understanding beers, spirits and wines.
Baking & Pastry Management

Our Program

- Four semesters, beginning in September and May.
- Designed by industry leaders.
- Taught in state-of-the-art facilities.
- Provides hands-on experience in a variety of settings.
- Emphasis is placed on both team and individual work.
- Courses explore specialized areas including:
  - chocolate and confections,
  - wedding and specialty cakes,
  - tarts and pastries,
  - plated desserts,
  - artisan breads and breakfast pastries,
  - petite fours,
  - ice cream and sorbets,
  - blown, pulled and cast sugar pieces.
- First year – foundational courses in kitchen safety, equipment usage, costing, menu management and baking fundamentals.
  - Second year – in-depth specialty baking and pastry arts courses, traditional and contemporary techniques and pastry arts management.
  - Incorporates a strong business component. Topics include:
    - business and career management,
    - entrepreneurship,
    - computer applications in the food-service industry,
    - communications courses.

Your Career

- Bakers and pastry chefs are in demand in a variety of settings including:
  - fine dining restaurants,
  - hotels,
  - baking suppliers,
  - boutique outlets.
- Open your own business – you will have the advanced training and business management skills necessary for success!

Work Placement

- Unpaid internship in the final semester: 40 hrs/week for 7 weeks.
- Hands-on training integral to success.
- Builds connections and relationships in the industry.
- Opportunities across Canada and Europe.

Baking, Pastry Labs
Culinary Management

Our Program

- 4 semesters, beginning in September and January.
- Up-to-date culinary techniques, menu planning, preparation and business management skills.
- Covers the spectrum of restaurant management from pairing wine and food to emerging trends in Canadian cuisine.
- Provides knowledge, experience, industry exposure and professional certification.
- Hands-on experience from first semester to last in state-of-the-art facilities.
- Has an excellent track record of training provincial and national competition winners.
- Is the only institution in Canada to be awarded international recognition from the World Association of Chefs' Societies (WACS) Recognition of Quality Culinary Education program.
- Fast-track option - 16 months for students starting in January.

Your Career

- There is constant demand for well-trained chefs, around the world and in a variety of settings including:
  - hotels,
  - restaurants,
  - clubs,
  - resorts,
  - hospitals,
  - corporate settings.
- Opportunity abounds with Toronto’s foodie culture thriving – 7,000+ restaurants reflect a wide range of cultures and cuisines.
- The creative culinary and management skills put Humber students in high demand.
- Open your own business – you will have the advanced training and business management skills necessary for success!

Work Placement

- Unpaid internship in the final semester: 40 hrs/week for 7 weeks.
- Hands-on training integral to success.
- Opportunities at leading hotels and restaurants in the GTA, across Canada or Europe.
- Many students transition internship into full-time employment.
- A jump-start to a successful career!

Program Code: 01911
Banner Program Code: CULN_MGMT_D
Diploma
Campus: North
Four semesters, beginning in September and January

Contact Info:
Sivanithy Gnanapandithan
416.675.6622 ext. 5789
sivanithy.gnanapandithan@humber.ca
Culinary Skills

Our Program
- 2 semesters, beginning in September and January.
- Combines theory with practical culinary and business skills.
- Cutting-edge labs and real-world settings with the latest kitchen technology.
- World class faculty, including multiple award winning chefs.
- Excellent track record of training provincial and national competition winners.
- 7 weeks of hands-on, industry experience.
- Fast-track option – 7 months for students starting in January.

Your Career
- There is constant demand for well-trained chefs, around the world and in a variety of settings including:
  - hotels
  - restaurants
  - clubs
  - resorts
  - hospitals
  - corporate settings
  - magazine test kitchens
  - cruise ships
- Opportunity abounds within Canada’s $60 billion food service industry.
- Entrepreneurship starts here – if you are in the 34% of Canadians who dream of owning their own restaurant or bar.
- Humber’s culinary and pastry programs have been awarded international recognition from the World Association of Chefs’ Societies (WACS) Recognition of Quality Culinary Education.
- Program, for meeting or exceeding the WACS standards of quality culinary education Humber College is the only institution in Canada to receive this accreditation.

Work Placement
- Qualified students will complete an unpaid internship following the final semester.
- 40 hrs./week for 7 weeks.
- Hands-on training integral to success.
- Takes place in the kitchen of a leading hotel or restaurant in the GTA.
- Many graduates transition internship into full-time employment.
- A jump-start to a successful career!

Program Code: 14071
Banner Program Code: CULN_SKILS_C
Certificate
Campus: North
Two semesters, beginning in September and January

Contact Info:
Sivanithy Gnanapandithan
416.675.6622 ext. 5789
sivanithy.gnanapandithan@humber.ca
Food and Nutrition Management

Our Program

• 4 semesters, beginning in September.
• Full-time diploma program.
• Ideal for those interested in combining the dynamic food service world with the growing health care world.
• Appropriate for students just starting out or currently working in food-service or health-care industries.
• Taught by faculty with extensive industry experience.
• Accredited by the Canadian Society of Nutrition Management (CSNM).
• Courses cover a wide range of topics to thoroughly prepare students for employment, including:
  - clinical and community nutrition,
  - physiology,
  - foodservice management and administration,
  - cooking skills.
• Provides the opportunity for students to join student branches of Canadian Association of Foodservice Professionals (CAFP) and the Canadian Society of Nutrition Management (CSNM).
• Hone networking skills!
• Apply for association-sponsored bursaries and scholarships.
• Includes hands-on experience in a work placement component to ensure industry success.

Your Career

• Nutrition and food management is a $115 billion global industry and growing.
• The wide range of employers include:
  - hospitals,
  - corporate food service organizations,
  - long-term care and retirement facilities,
  - educational facilities,
  - government agencies,
  - and correctional institutions.
• Graduates find work as:
  - a food and nutrition manager,
  - a food service supervisor or director,
  - a diet technician,
  - a consultant to food, suppliers and manufacturers,
  - a consultant in the health and wellness industry.

Work Placement

• Complete a six-week full-time placement in the healthcare food-service industry.
• Work placements take place at the end of the fourth semester and include long-term care facilities, hospitals, institutions, food suppliers, food-service outlets, manufacturers and education facilities.
• Note: A police record check, respiratory mask fitting, and up-to-date immunization is required prior to working in field placements. Fees are the responsibility of the student.
Culinary Labs

The Mandarin and Garland Induction Cooking Labs
Using the latest in European technology, these kitchens have raised the bar in design standards and utilizing energy saving and environmentally friendly technology. Induction cooking, mobile multi-purpose equipment, ventilation ceiling systems, temperature controlled cold storage and wine cellars will all define the great kitchen of tomorrow.

Compass Group Canada Culinary Demonstration Theatre & Lab
This lab was opened in 2007 and features a modern Ventmaster ceiling system with fans and ducts hidden behind a stainless steel ceiling where grease and bacteria can’t build up. This lab also features four plasma screen TV’s where demonstrations can be projected for easy viewing, television and satellite hook-up allowing for international broadcasting capabilities.

Butchery and Charcuterie Kitchens
Students will have the unique opportunity to practice the fundamentals of deboning, filleting and meat preparations using smoker ovens, charcuterie blenders and butchery equipment.

Small Quantity Multi-Purpose Kitchens
These multi-purpose labs with movable equipment function to deliver a variety of courses, including: Asian Cuisine, Nutrition, International Cuisines, Seafood and Contemporary Plate Presentation.

Cold & Hot Food Kitchens of the Humber Room Restaurant
In this lab students are exposed to the real life fast paced environment of a working restaurant kitchen. Students rotate through every work station in the kitchen, from hot food to cold food preparation, and from appetizers to desserts.
Nutrition and Healthy Lifestyle Promotion

Our Program

- Is new and innovative addressing market demands for healthy lifestyle support.
- Teaches students how to promote healthy choices at all ages and life-stages.
- Provides knowledge of general & clinical nutrition, sports nutrition and physiology.
- Gives students hands-on experience.
- Coaching clients.
- Conducting health promotion seminars and workshops.
- Combines theory with practical techniques of:
  - healthy cooking,
  - recipe development,
  - menu planning.
- Is taught by registered dietitians and other health care professionals.
- Opportunities for certifications in:
  - Advanced Food Safety,
  - CPR,
  - First Aid.

Your Career

- Find employment planning.
- Promoting a healthy lifestyle.
- Workplaces such as:
  - Fitness and wellness centres,
  - Weight management clinics,
  - Corporate and community food service organizations,
  - Educational facilities,
  - Government agencies.

Work Placement

- 15-week work placement on campus in the Humber Centre for Healthy Living.
- Take classroom skills to real-life work in the field.

Program Code: 10231
Banner Program Code: NUTR_LIFE_D
Diploma
Campus: North
Four semesters, beginning in September 2015

Contact Info:
Sivanithy Gnanapandithan
416.675.6622 ext. 5789
sivanithy.gnanapandithan@humber.ca
**Centre for Healthy Living**

No other postsecondary institution has a Centre for Healthy Living that offers high-quality nutritional and culinary instruction, where patients/clients can learn to make lifestyle changes from award-winning chefs and nutritionists in world-class facilities.

Pairing students with professional chefs and registered dietitians to offer seminars in healthy eating is an innovative initiative unique to the Humber Centre for Healthy Living. Through workshops and demonstrations at Humber’s award-winning culinary labs, patients/clients will be taught how to make healthy food choices, prepare nutritious meals, modify recipes and make healthy eating a permanent part of their daily lives.

Students from a variety of health and wellness programs are research assistants for faculty members of the Centre for Healthy Living in a pilot project on health improvement.
Study Abroad

Experiencing life as a student in a different country will expose you to a new culture, food, history, and possibly a new language. You will improve your ability to adapt to a new environment and further improve your cross-cultural communication skills as you meet new people and form new friendships. The experiences you have will positively influence your future education choices, your career path, and how you interact with others.

California Coast
Available to qualified full-time students in the following programs:

- Exercise Science & Lifestyle Management
- Fitness and Health Promotion (3rd and 4th Semester)
- Guelph-Humber Kinesiology 3rd and 4th year students

Taiwan
Available to qualified full-time students entering the 4th semester (in the Winter Semester only), in the following programs:

- Culinary Management
- Hospitality Management
- Tourism Management
- Tourism & Hospitality Management Event Planning

Nicaragua Service Trip (Short Term)
Innovative Global Service Learning program custom designed for Humber students. Participation will meet requirements of the following:

- Global Citizenship Certificate
- GBLC003 Citizen of the World

IMG Academy in Florida
Available to qualified full-time students in the following programs:

- Sports Management (2nd and 3rd year)
- Recreation & Leisure Services (2nd year)
WE ARE
ACTION, ADVENTURE, AND HOT, HOT STUFF!

HUMBER
School of Hospitality, Recreation & Tourism

humber.ca/hospitality