



**INFOFIT Educators**

## **Clinical Exercise & Rehabilitation Workshop Series Program Outline**

Recognized by the British Columbia Recreation and Parks Association (BCRPA) for providing Continuing Education Credits (CEC), the Clinical Exercise & Rehabilitation Workshop Series (CES) are a select group of courses that are designed for Personal Trainers with an interest in expanding their knowledge about clinical exercise and rehabilitation. In these courses, students will learn foundational knowledge in exercise rehabilitation, training special population groups, and advanced knowledge in fitness testing and assessments.

### **Career Opportunities**

The INFOFIT graduate is in high demand and can find work as Personal Trainer specializing in Clinical Exercise and Rehabilitation, while working in conjunction with a Health Care Professional, with one or more of our industry affiliates such as Fitness on the Go, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Momentum Fitness and more.

### **Admission Requirements**

The admission requirements for this program are as follows:

- Must be 18-years of age
- The ability to speak English
- Certified Personal Trainer or equivalent

### **Required Textbooks**

The student is not required to have a textbook for this program, but they will be provided with handouts that details the specific course content.

### **Program Duration**

The CES program currently offers seven (7) CEC credits, and each course is a total of 7 instructional hours, generally taught on a pre-scheduled date with an instructor.

### **Homework Hours**

No homework is required for this program

### **Delivery Methods**

On-site delivery



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**Instructional Methods**

Method of Instruction	Contact Hours
Lecture	3.0
In-class Demonstration	2.0
Lab time	0.0
Hands-on Practice	1.0
Group Work	1.0
Total Instructional Hours	7.0 hours

**Learning Outcomes**

The learning outcomes of the program are dependant on the content of each individual course, which are highlighted on the attached Course Outlines.

**Student Progress/Assessment Methods**

Students will be assessed through instructor feedback and mentorship throughout the scheduled training session.

**Attendance Expectations**

Students are expected to attend 100% of the course instructional hours. Those that miss a section of the course will be required to make this time up with a tutor.

**Dress Expectations**

Students are asked to wear comfortable gym wear and running shoes.

**Graduation Requirements**

No graduation requirements are expected.



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**Program Organization**

Name of Course	# of Instructional Hours
1. Exercise Rehabilitation for the Shoulder, Elbow & Wrist Workshop	7
2. Exercise Rehabilitation for the Hip, Knee & Ankle Workshop	7
3. Train the Cardiac Client – Cardiac Rehabilitation Workshop	7
4. Training the Aging Population Workshop	7
5. Stages of Injury, Healing and Exercise Prescription	7
6. Muscle Testing, Function & Exercise	7
7. Postural Assessment & Correction	7