



Fitness Theory Course Online

Course Outline

Fitness Theory Course Program Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), this online Fitness Theory course is designed for individuals with a passion for fitness and an interest in learning more about health and exercise. In this course, students will learn foundational knowledge such as: basic anatomy, exercise physiology, exercise analysis, exercise safety, and the fundamental principles of conditioning for cardiovascular, strength and flexibility training. Students will learn how to assess a person's heart disease risk profile; use correct exercise terminology and apply the scientific principles of conditioning to modify their own personal workouts.

Career Opportunities

The Infokit graduate is in high demand and can find work as an on-floor fitness desk attendant 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 16-years of age
- The ability to speak English
- A passion for fitness

Required Textbooks

The following online workbook will be available to the student upon registration or their first login to the website:

- Infokit's Fitness Theory Education Workbook

Program Duration

This Fitness Theory course has an approximate total of 56 hours of instruction, readings, assignments and quizzes.

Delivery Methods

On-line delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	6.0
Readings	40.0
Quizzes and Assignments	10.00
Total Instructional Hours	56.0 hours

Learning Outcomes

By the end of the Program, Infofit students will be able to:

1. Assess friends and family member's heart disease risk profile and physical activity readiness
2. Match the correct anatomical & directional terminology to one's exercise movements
3. Assess and adjust one's own exercise intensity during resistance, cardiovascular and flexibility exercise
4. Revise one's own exercise program to match the correct FITT model for his/her goal
5. Exercise safely

Student Progress/Assessment Methods

Students will be assessed through periodic quizzes and homework assignments.

- Quizzes – Students will need to complete a quiz at the end of each chapter of their course. Students receive online feedback regarding their answers for quizzes.
- Assignments – Most chapters/sections in their online workbook will have assignments to complete. An answer key is included so students can check their work.
- Students will be able to email and phone Infofit with their questions and receive guidance accordingly.

Attendance Expectations

Students are expected to complete 100% of the course instructional hours, readings, assignments and quizzes.

Dress Expectations

Students are studying fully at home, so no dress code is required.

Graduation Requirements

Students must receive 70% on their final exam and have completed all online quizzes with a passing grade in order to receive a Letter of Completion for Fitness Theory Course.

Program Organization

Name of Course	# of Online Hours
1. Fitness Theory	56