



Personal Training Basics

Course Outline

Personal Training Basics Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), this thirty-two hour Personal Trainer Basics course is designed for individuals wishing to learn the instructional basics of personal training. In this course, students will learn how to perform an initial consultation, assess a client's heart disease risk profile; develop a basic fitness Course for apparently healthy individuals; teach safe and effective exercises and stretches; and perform a post-workout consultation. This course is the second step of a three step certification process and is the pre-requisite for the Personal Trainer Comprehensive course.

Career Opportunities

The INFOFIT graduate is in high demand and can find work as an independant trainer or fitness club employee with one or more of our industry affiliates such as Club 16, Orange Theory, Golds Gym, Live Well, Tsawwassen Springs Fitness, Fitness on the Go, Living Well, Anytime Fitness, Fit 4 Two, Twist Performance, Ron Zalko. Alive and Well, Snap Fitness, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Prime Fitness, Cruise Ships, Vacation Resorts such as Club Med and more.

Admission Requirements

The admission requirements for this Course are as follows:

- Completion of the Fitness Theory Course or equivalent
- Must be 16-years of age
- The ability to speak english
- A passion for fitness

Required Books

The text will be given to the student upon registration or first day of class:

- Infokit Educators Personal Training Basics Workbook

Course Duration

The Personal Training Basics Course takes 4 days to complete with a total of 27 instructional hours spread out over 2 weekends (32 scheduled hours).

Homework Hours

Students can expect to perform approximately 8-16 hours of homework over the course of the two weekends.

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	5.0
In-class Demonstration	7.5
Lab time	3.5
Hands-on Practice	4.0
Group Work	7.0
Total Instructional Hours	27.0 hours

Learning Outcomes

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

- Greet and Interview a client
- Assess a client's heart disease risk profile and readiness for physical activity
- Design and instruct a basic, individualized and appropriate exercise Course for apparently healthy individuals
- Ensure a safe exercise environment
- Teach safe and effective exercises and stretches
- Monitor participant progress and make regular adjustments to Courses as needed
- Perform a post-workout consultation

Student Progress/Assessment Methods

Students will be assessed through periodic quizzes, homework assignments and a final exam.

- Quizzes – Students will need to complete a quiz at the end of each chapter of their course workbooks. There will be no grade given, the only requirement is that they complete the quiz by an established timeline; students receive in-class feedback regarding their answers.
- Homework Assignments – Most chapters/sections in their workbooks will have assignments to complete by an established timeline; students will receive in-class feedback regarding their work.
- Students' practical teaching skills will be assessed on the last day of the course (Day 4). Students will be required to take a peer through a 45-minute personal training session and receive constructive feedback regarding their performance; there is no mark given for this evaluation.
- Students must then complete a final exam with a passing score of 70%.

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

Students must have 100% attendance or equivalent and receive 70% on their final exam in order to graduate from the course and receive a Letter of Completion.

Course Organization

Name of Course	# of Instructional Hours
1. Personal Trainer Basics	27