



# Personal Training Basics Online

## Course Outline

## Personal Training Basics Program Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), and approved by ACE (American Council on Exercise) this online 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 program 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 Infokit graduate is in high demand and can find work as an on-floor service instructor with one or more of our industry affiliates such as Fitness on the Go, Gold's Gym, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Anytime Fitness, Momentum Fitness and more.

## Admission Requirements

The admission requirements for this program are as follows:

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

## Required Textbooks

This workbook and textbook will be available to the student for download upon registration or first day of login to the website:

- Infokit Educators Personal Training Basics Workbook
- ACE Personal Trainers Manual, 5<sup>th</sup> Edition summary study notes

## Program Duration

The Personal Training Basics program takes approximately 51.5 hours to complete.

## Delivery Methods

On-line delivery

## Instructional Methods

Method of Instruction	Contact Hours
Lecture	5.0
Readings	13.0
Practice	20.0
Assignments and Quizzes	13.5
Total Hours	51.5 hours

## Learning Outcomes

By the end of the Program, Infokit 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 program for apparently healthy individuals
- Ensure a safe exercise environment
- Teach safe and effective exercises and stretches
- Monitor participant progress and make regular adjustments to programs as needed
- Perform a post-workout consultation

**Student Progress/Assessment Methods**

Students will be assessed through periodic quizzes, 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; students receive online feedback regarding their answers.
- Assignments – Most chapters/sections in their workbooks will have assignments to complete as well as complete a practical component
- Students must then complete a final exam with a passing score of 70%.

**Attendance Expectations**

Students are expected to complete 100% of the course.

**Dress Expectations**

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

**Graduation Requirements**

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

**Program Organization**

Name of Course	# of Hours
1. Personal Trainer Basics	51.5