



Personal Trainer Comprehensive Program Outline

Personal Trainer Comprehensive Program Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), this thirty-two hour Personal Trainer Comprehensive course is designed for individuals wishing to become elite personal trainers. In this course, students will learn standard legal terminology and documentation pertaining to the fitness industry; health screening methods and risk stratification analysis; fitness testing and data interpretation; advanced exercise analysis and program design; dysfunctional exercise movement patterns; and effective back care exercises. This course is the final step of a three step certification process.

Career Opportunities

The **Infofit** graduate is in high demand and can find work as a Personal Trainer with one or more of our industry affiliates such as Fitness on the Go, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Momentum Fitness, cruise ships, resorts and more, including starting their own business.

Admission Requirements

The admission requirements for this program are as follows:

- Completion of the Personal Training Basics Course or equivalent
- Must be 16-years of age
- The ability to speak English
- A passion for fitness

Required Textbooks

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

- **Infofit** Personal Trainers Workbook

Program Duration

The Personal Trainer Comprehensive program 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 6 -12 hours of homework over the course of the two weekends.

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	8.0
In-class Demonstration	7.0
Lab time	3.5
Hands-on Practice	5.0
Group Work	3.5
Total Instructional Hours	27.0 hours

Learning Outcomes

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

- Explain key terms and concepts related to business, law, and scope of practice as it pertains to the personal trainer.
- Perform a thorough health screening and risk stratification of a client.
- Determine if a client requires medical clearance prior to beginning physical activity
- Identify special considerations, issues or potential problems pertaining to a client's profile and develop a proactive action plan to address these concerns
- Conduct physical fitness assessments related to body composition, cardiovascular, muscular and flexibility systems.
- Design client-specific exercise programs based on fitness testing data.
- Identify and correct dysfunctional exercise movement patterns
- Provide clients with back care exercises for jobs involving long-term sitting
- Implement motivation and exercise adherence strategies.

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 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.
- Case Studies - Students' knowledge will be assessed using three (3) case study assignments that they complete during class time - these case studies are corrected as a group during class

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 a passing grade of 70% on their final exam to receive a Letter of Completion.

For students to be Certified Personal Trainer they must pass either a Provincial (BCRPA 70%) or International Exam (ACE, ACSM)

Program Organization

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