



Apprenticeship Training Program (ATP) 2

Program Outline

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ATP-2 Description

The Apprenticeship Training Program (ATP) 2 is a thirty-seven hour program designed to provide the student with training experience working independently with volunteer clients. It is a complementary program to the Personal Trainer Comprehensive (PTC) course. In this program, students will interview five clients; perform health screens and physical activity readiness assessments on each; design and instruct personalized fitness programs; and monitor clients' progress and provide modifications as needed. Students will receive guidance, feedback and supervision from the ATP coordinator. This program requires students to work independently on and off the school site (in clients' homes or gyms).

Career Opportunities

The Infofit graduate is in high demand and can find work as an independent trainer or fitness club employee 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
- Successful completion of the Personal Trainer Comprehensive course or equivalent

Required Textbooks

- No Textbooks are required for this course.
- Infofits' ATP2 workbook

Program Duration

The ATP-2 generally takes 3.0-6.0 months to complete with a total of thirty-seven instructional and practical hours.

Homework Hours

Students can expect to perform 15-30 hours of homework over the course of the program

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	13.0
Lab time	3.0
Hands-on Practice	12.0
Projects	9.0
Total Hours	37 hours

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Learning Outcomes

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

1. Assess clients' heart disease risk profile and physical activity readiness
2. Perform a fitness facility inventory and safety checklist prior to meeting with client
3. Design and instruct a comprehensive, individualized, safe, effective and appropriate beginner to advanced exercise programs for apparently healthy individuals
4. Monitor participant progress and make regular adjustments to programs as needed.
5. Refer to appropriate health care providers when dealing with clients who have conditions that the Personal Trainer is not specifically trained to work with.

Student Progress/Assessment Methods

Infofit student's knowledge and skills will be evaluated through assignment and client feedback form. There is no grade given for this program; students must receive a minimum "Satisfactory" score on all assignments and client feedback forms.

Homework Assignments – Students will have assignments to complete by an established timeline, and they will receive feedback regarding their work from their ATP Supervisor.

Client Feedback – Students will receive feedback from clients who have filled out an Infofit Student Evaluation form.

Attendance Expectations

Students are expected to complete all phases of the program. The program is self-paced, but students must complete the program within 6 months. If they have not completed the program within 6 months, they may ask for an extension and pay a fee of \$100 per month.

Dress Expectations

Students are asked to wear professional gym wear attire, Infofit name tag and running shoes.

Graduation Requirements

Students must receive a minimum "Satisfactory" score on all assignments and client feedback forms.

Program Organization

Name of Course	# of Instructional Hours
1. Agreements and Responsibilities	0.5
2. Facility Orientation	2.5
3. Equipment Inventory & Maintenance	1.5
4. Body Composition & Case Study	2.5
5. Shadow Infofit Personal Trainer	10.0
6. Train four volunteer clients (minimum)	20.0
Total	37