

INFOFIT Educators



Personal Trainer
Personalized Fast Track
Program Outline

Personalized Fast Track Program Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), and the American Council on Exercise (ACE) this thirty-four hour accelerated Personalized Personal Trainer Fast Track program is designed for individuals wanting to pursue a career in the fitness industry as a personal trainer. It is a three course program that is completed according to the student's availability and pace of learning. Students are encouraged to complete the program within a year of the start date.

In this program, 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 perform a series of physical fitness assessments, a comprehensive health screening and heart disease risk profile assessment; develop a basic fitness program for apparently healthy individuals and teach safe and effective exercises and stretches.

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 Equinox, Fitness on the Go, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Momentum Fitness and many more.

Admission Requirements

The admission requirements for this program are as follows:

- Must be 16-years of age
- The ability to speak and understand English
- A passion for fitness

Required Textbooks

The ACE Personal Trainer Manual, 5th Edition textbook will be given to the student upon registration or first day of class:

- Students will also receive an INFOFIT workbook for each of the three courses

Program Duration

The fast track program is completed according to the student's availability and pace of learning with a total of thirty-four instructional hours, and generally taught in two-hour scheduled sessions.

Homework Hours

Students can expect to perform 40-45 hours of homework over the course of the program (approximately 13-15 hours per course).

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	10
In-class Demonstration	14
Hands-on Practice	10
Total Hours	34 hours

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. Design and instruct a comprehensive, individualized, safe, effective and appropriate beginner to advanced exercise programs for apparently healthy individuals.
3. Provide a safe exercise environment.
4. Refer to appropriate health care providers when dealing with clients who have conditions that the Personal Trainer is not specifically certified to address

Student Progress/Assessment Methods

Students will be assessed through periodic quizzes, homework assignments and final exams for each of the courses of the program (i.e. Fitness Theory, Personal Trainer Basics & Personal Trainer Comprehensive).

Quizzes –Students will need to complete a quiz at the end of each chapter of their course workbooks 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.

Final Exams - There will be three final exams:

- A one hour exam after the Fitness Theory course – passing grade 70%
- A one hour exam after the Personal Trainer Basics – passing grade 70%
- A one hour exam after the Personal Trainer Comprehensive – passing grade 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 and/or complete their homework assignments for the days they have missed. Students also have the option of attending any Fast Track Weekend Course to complete any Personalized days missed.

Dress Expectations

Students are asked to wear comfortable gym wear and running shoes.

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Graduation Requirements

Students must pass all three exams in order to graduate from the program.

Program Organization

Name of Course	# of Instructional Hours
1. Fitness Theory	10
2. Personal Trainer Basics	10
3. Personal Trainer Comprehensive	14
Total	34