

# INFOFIT Educators



Personal Trainer  
Fast Track

Program Outline

### **Fast Track Program Description**

Recognized by the British Columbia Recreation and Parks Association (BCRPA), and American Council on Exercise (ACE) this eighty-four hour 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 takes 6-weekends to complete. 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 independant trainer or fitness club employee with one or more of our industry affiliates such as Club 16, 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

### **Required Textbooks**

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

This textbook will be used for all three courses of this program. Students will also receive a workbook for each of the three courses.

### **Program Duration**

The fast track program takes 1.5 months to complete with a total of eighty-four instructional hours spread out over 6- weekends (28-hours per course).

### **Homework Hours**

Students can expect to perform 40-45 hours of homework over the course of the 6-weekends (approximately 13-15 hours per course)

### **Delivery Methods**

On-site delivery

### **Instructional Methods**

Method of Instruction	Contact Hours
Lecture	48
In-class Demonstration	10
Lab time	6
Group Work	20
Total Hours	84 hours

### **Learning Outcomes**

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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.

### **Dress Expectations**

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

### **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	28
2. Personal Trainer Basics	28
3. Personal Trainer Comprehensive	28
Total	84