



Home Study Course Program Course Outline

Recognized by the British Columbia Recreation and Parks Association (BCRPA), and the American Council on Exercise (ACE) this Personal Trainer Home Study 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 students complete on their own time. It includes four scheduled Skype on-line hours designed to help guide the student through the learning process. In addition, students receive on-line instruction, videos and quizzes, on-line tutoring, one textbook, and three workbooks. The students are encouraged to complete the program within a year of the start date. Should a student feel they would benefit more from an in-class session, they may transfer to any in-class session within the 12 months for no extra charge. 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 Fitness on the Go, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Momentum Fitness, as well as work internationally in fitness facilities or on Cruise Ships and Vacation Resorts such as Club Med 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
- Internet access and a Skype account

Required Textbooks

The text will be delivered to the student upon registration:

This textbook will be used for all three courses of this program. Students will also receive a workbook for each of the three courses, INFOFIT Anatomy Coloring Book, Study Guide Crossword Puzzles and Two Exam Study Guides.



Program Duration

The INFOFIT Home Study Course is to be completed by the student within a year, starting from the day of the student's enrollment.

The abandonment of the program by the student will be measured by INFOFIT with the following criteria:

- Quizzes, tests and/or assignments for all INFOFIT modules (i.e. FT, PTB and PTC) have not been completed within a 12month / 52 Week time period, starting from the original day of enrollment.
AND/OR
- The student has not contacted the INFOFIT Administration office within the 12 month / 52 week time period (starting from original day of enrollment) to ask for a course time extension.

Homework Hours

Students can expect to perform 50-60 hours of homework over the course of the program.

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 and homework assignments 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, and receive 70% on each.

Homework Assignments - Most chapters/sections in their workbooks will have assignments to complete by an established timeline; students will receive on-line 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%

Graduation Requirements

Students must pass the final exam with 70% grade in order to graduate from the program.