



## Frequently Asked Questions

### Apprenticeship Training Program

**1. Is it self-paced? Would they receive guidance from instructors? How often or when can they see the instructors?**

Yes, the course is self paced, you will meet with the ATP supervisor at the start of the course and then throughout after completing the different assignments. There is also an open lab from 3.30pm-4.30pm on Monday, the ATP supervisor will be available in the gym to answer questions and help you with assignments.

**2. Time frame, how soon can I complete ATP, what are the times that I can come in to do assignments.**

You have 6 months to complete ATP, you can complete it much sooner if you complete your assignments in a timely fashion. You are welcome to come to the gym M-F between 9am-6pm and weekends 12pm-5pm.

**3. How are assignments given? Will there be an ATP workbook?**

The assignments will be given by your instructor when you complete each phase. You will be provided with an ATP workbook when you register.

**4. What assignments will they be doing?**

You will be completing assignments that are aimed at enhancing your skills in the gym. These include:

- Gym Inventory
- Spotting & Teaching Exercises
- Body Composition (including Blood pressure, waist, tanita scale)
- Shadowing Clients
- Mock PT Interview
- Training real clients

**5. What do they get out of the program? Will the ATP program help them find jobs? Or will the program set them apart from all other students who don't complete the ATP program?**

The main point of ATP is for students to enhance their skills in the gym, and be more prepared for interviews and entering the workforce as a Personal Trainer. ATP graduates will be better prepared for interviews and working with clients.

**6. How many hours per week will I need to be in the gym?**

The course is self paced and students can come to the gym to work on their assignments as much as they like. We would recommend 1-3 hours per week.

**7. How long will it take to complete?**

We give you 6 months to complete the course but you can complete it much sooner if you are consistent with completing your assignments.

**8. What if I cannot complete it within 6 months and need an extension?**

If your course has expired here are the costs for an extension-

1. Expired between 1-60 days, the cost to reactivate your ATP is \$100. This will give you an extension of 30 days, if you need longer after those 30 days you will pay \$100 per 30 days you are still completing the course.
2. Expired between 61-180 days, the cost to reactivate your ATP is \$250. This will give you an extension of 30 days, if you need longer after those 30 days you will pay \$100 per 30 days you are still completing the course.
3. Expired over 180 days (6 Months), you will need to re-register as a returning student at 20% off the tuition price.

**9. When do I get to shadow?**

You get to shadow at Phase 5.

**10. Who can I shadow?**

We will give you access to the schedule so you can pick who you wish to shadow.

**11. How many clients or trainers can I shadow?**

You can shadow most of our trainers training clients, and most of our clients can be shadowed.

**12. Shadowing – do they get to interact with clients? Or do they get to observe trainer-client interactions**

It depends on the client, sometimes you will be observing more and other times the trainer will get you more involved in the session.

**13. What assignments are involved with phrase 6 where they would have to write programs for clients. (real clients or?)**

This phase is where you train real people, you can either find your own participants or we can help you, you will go through the whole process with the client - consult, assess and then train them, 3-4 times.