



## Online Personal Training Course

### Description

Online Personal Trainers Course – Learn how to become certified as a personal trainer by learning all about exercise through **3 learning stages**: (1) *theoretical knowledge*, (2) *program design methodologies* and (3) *practical coaching skills*. I will teach you how much you need to know about the body and how it responds to exercise, then I teach you how to take that theoretical information and design an exercise program using science-based principles and latest tools and technology and finally I teach you how to coach people to have great exercise experiences safely and effectively.

### Details

<b>Start Date:</b>	September 14, 2021
<b>Weeks:</b>	12 course / 2 completion = 14 total
<b>Lecture Days:</b>	Tuesdays/Thursdays: 6:30-8:30pm (2-way scheduled lecture times/recorded)
<b>Enrollment Options:</b>	Online Only (\$1400-2000 – depending on enrollment purpose)
<b>Certifying Association:</b>	<b>Provincial:</b> BCRPA (British Columbia Recreation & Parks Association) <b>International:</b> ACE (American Council on Exercise)
<b>Time Outline:</b>	8-12 hrs. commitment <ul style="list-style-type: none"> <li>• 4 hrs. Lecture weekly (sessions will be recorded)</li> <li>• 4-5 hrs. Learning tasks</li> <li>• 0-4 hrs. Study time</li> </ul>

### Course Summary – MODULE

Module	Hours/Weeks	Curriculum
Exercise Science – Fitness Theory	40 /5	Anatomy/Body Systems/Exercise Theory/Nutrition Introduction 4 weeks learning – 1 week exam preparation

Personal Training Foundation – <i>Weight Training Foundations</i>	20 /3	Program Design Basics/Exercise Technique/Coaching/Practical Application <i>2 Weeks Learning – 1 week ICE's &amp; Pre-requisite PT Course</i>
Personal Training Progression – <i>Assess/Progress/ Client Care</i>	40 /6	Client Care /Assessments /Corrective/Progression/Professionalism <i>4 weeks learning – 2 weeks ICE's &amp; Exam Prep</i>

## Course Summary – WEEKLY

Week	Topic	Notes
1	Exercise Science	
2	Exercise Science	
3	Exercise Science	
4	Exercise Science	
5	BCRPA FITNESS THEORY EXAM WEEK	Module Break for those not writing BCRPA
6	Weight Training	
7	Weight Training	BCRPA Instructor Competency Evaluations (ICE)/Module Final
8	BCRPA PRE-REQUISITE FOR PERSONAL TRAINING MODULE	Module Break for those not writing BCRPA
9	Personal Training	
10	Personal Training	
11	Personal Training	
12	Personal Training	BCRPA Instructor Competency Evaluations (ICE)
13	EXAM WEEK 4 KEENERS	
14	EXAM WEEK 4 CONSERVATIVES	

## Course Summary – DAILY

WEEK	Day 1 Tuesday - Lecture	Day 2	Day 3 Thursday - Lecture	Day 4	Day 5
1	Exercise Science Physical Literacy/Active Living/Wellness Dimensions	Exercise Science The Terms & Science Disciplines	Exercise Science Structure & Function of Skeletal System	Exercise Science Structure & Function of Muscle System	Exercise Science Structure & Function of Nervous System
2	Exercise Science Biomechanics	Exercise Science J.A.F.M.	Exercise Science A Day of Muscles	Exercise Science Muscle Fiber Types A Day of Muscles	Exercise Science Structure & Function of Cardiorespiratory System
3	Exercise Science	Exercise Science	Exercise Science	Exercise Science	Exercise Science

	Bioenergetics	Exercise Adaptations to the systems	Nutrition Introduction	Body Health & Risk Factors	Review & Course Midterm Exam
4	Exercise Science Guiding Principles & Program Design Theory - Resistance	Exercise Science Program Design Theory – Cardio Program Design Theory- Flexibility	Exercise Science Communication Motivation & Adherence Risk Management	Exercise Science Olympian Muscle Day Games Course Review	Exercise Science Course Module Final Exam
5	<b>ONLINE EXAM PREP</b>	<b>ONLINE EXAM PREP</b>	<b>STUDY</b>	<b>STUDY</b>	<b>BCRPA FITNESS THEORY EXAM</b>
6	Weight Training Instructor Module Intro/ Scope of Practice/BCRPA Registration Req.	Weight Training Instructor Program Design - Orientation/Information Gathering	Weight Training Instructor Exercise & Coaching Techniques	Weight Training Instructor Program Design – Warm-ups/Cardio/Cool-down	Weight Training Instructor Program Design – Resistance
7	Weight Training Instructor Exercise & Coaching Techniques	Weight Training Instructor Program Design – Resistance	Weight Training Instructor Program Design – Flexibility	Weight Training Instructor Facility Equipment Layout & Maintenance/Gym Safety	Weight Training Instructor Start to Finish Program Design Session – BONUS 2WAY LECTURE Course Module Final Exam ICE's – Instructor Competency Evaluations
8	<b>2-WAY COACHING MENTORSHIP</b>	<b>2-WAY COACHING MENTORSHIP</b>	<b>2-WAY COACHING MENTORSHIP</b>	<b>2-WAY COACHING MENTORSHIP</b>	<b>2-WAY COACHING MENTORSHIP</b>
9	Personal Training BCRPA Registration Req./Scope of Practice - Expanded/Module Objectives	Personal Training Client Consultation	Personal Training Health Appraisal	Personal Training Goal Setting	Personal Training Programming System Outline
10	Personal Training Fitness Assessments Selection & Administration & Science	Personal Training Fitness Assessments – Physiological	Personal Training Fitness Assessments – Static Posture & Flexibility	Personal Training Fitness Assessments – Movement Screens & Flexibility	Personal Training Corrective Exercise Programming
11	Personal Training The Injury Cycle & the PT's Role	Personal Training Pre-Post Orthopedic Conditions	Personal Training The Healing Cycle & The PT's Role	Personal Training Clients with Unique Needs	Personal Training Course Module Mid Term Exam
12	Personal Training Performance Training – Design & Tools	Personal Training Performance Training - Practical	Personal Training Nutrition – Opening up Scope of Practice The Business of Personal Training - Start-Up Package	The Business of Personal Training – Marketing & Acquisition BCRPA I.C.E. Package	Personal Training BCRPA PT ICE Set-up Course Module Final Exam
13	<b>EXAM PREP WORKSHOP</b>	<b>EXAM PREP WORKSHOP</b>	<b>EXAM PREP WORKSHOP</b>	STUDY	STUDY or <b>PERSONAL TRAINING EXAM KEENERS</b>

## Fees & Payments

I want to  
train myself  
& save \$

I want be a  
BCRPA  
Personal  
Trainer

I want be an  
ACE  
International  
Personal  
Trainer

Fees	Course Only*	BCRPA Certification ****	A.C.E. Certification ****
!2 Week Course*	\$1,403 CND*	\$1,403 CND*	\$1,403 CND
Textbook Recommended **	\$149 USA**	\$149 USA**	\$149 USA
BCRPA Fitness Theory Exam*		\$110*	
BCRPA Association Registration*		\$109*	
BCRPA Weight Training ICE*		\$50*	
BCRPA Personal Training ICE*		\$50*	
BCRPA Personal Trainers Exam*		\$85*	
BCRPA Group Fitness Specialty Online Course - \$297***		0	
BCRPA Group Fitness Specialty ICE - \$50*		0	
BCRPA Older Adult Specialty Online Course - \$297***		0	
BCRPA Older Adult Specialty ICE - \$50*		0	
BCRPA Older Adult Exam*		\$80*	
ACE Personal Trainers Exam			\$499 USA
CPR/First Aid – Standard or Emergency with AED recommended – not provided with course (approx. \$100)			
<b>Education Costs</b>	<b>\$1,552*</b>	<b>\$2036***</b>	<b>\$2051**</b>

*\*GST tax will be charged*

*\*\*S&H/Taxes/duty will be charged*

*\*\*\*1 FREE Specialty Certification if 1<sup>st</sup> 10 registered*

*\*\*\*\*CPR/First Aid – Standard or Emergency with AED recommended – not provided with course*

Option Service Fees	Hourly	Per Service	Notes
Group Fitness Mentorship & Practical Training – 2 Way Online	\$75*		Can be split between among multiple students (5 max)
Instructor Competency Evaluations Online		\$50*	BCRPA - Weight Training/Group Fitness/Older Adult/Personal Training
Private Tutoring – course, exam, or ICE packages	\$75*		Can be split between among multiple students (5 max)

*\*GST tax will be charged*

*Service availability is subject to change upon service availability.*