



Program Outlines for Personal Trainer Basics/Weight Room

1. [Personal Training Basics Personalized](#)
2. [Personal Training Basics Fast Track](#)
3. [Personal Training Basics Online](#)



Personal Training Basics Personalized Course Outline

Personal Training Basics Personalized Course Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA) and approved by The American Council on Exercise (ACE) this 10-hour Personal Trainer Basics course is designed for individuals wishing to learn the instructional basics of personal training. In this course, students will learn how to perform an initial consultation, assess a client's heart disease risk profile; develop a basic fitness program for apparently healthy individuals; teach safe and effective exercises and stretches; and perform a post-workout consultation. This course is the second step of a three-step certification process and is the pre-requisite for the Personal Trainer Comprehensive course.

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 Club 16, Orange Theory, Golds Gym, Live Well, Tsawwassen Springs Fitness, Fitness on the Go, Living Well, Anytime Fitness, Fit 4 Two, Twist Performance, Ron Zalko. Alive and Well, Snap Fitness, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Prime Fitness, Cruise Ships, Vacation Resorts such as Club Med and more.

Admission Requirements

The admission requirements for this program are as follows:

- Completion of the Fitness Theory Course or equivalent
- Must be 16-years of age
- The ability to speak English
- A passion for fitness

Required Books

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

- Infofit Educators Personal Training Basics Workbook

Program Duration

The Personal Training Basics course takes 10 instructional hours usually taught in 2 hour blocks, usually twice per week, based on the student's availability. Students are given 6 weeks to complete the course if their schedule is varied, but they can complete the course in 2.5 weeks.

Homework Hours

Students can expect to perform approximately 8-16 hours of homework over the course of the two weeks.

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	4.0
In-class Demonstration	1.0
Lab time	2.0
Hands-on Practice	3.0
Total Instructional Hours	10.0 hours

Learning Outcomes

By the end of the Program, Infocit students will be able to:

- Greet and interview a client
- Assess a client's heart disease risk profile and readiness for physical activity
- Design and instruct a basic, individualized, and appropriate exercise program for apparently healthy individuals
- Ensure a safe exercise environment
- Teach safe and effective exercises and stretches
- Monitor participant progress and make regular adjustments to programs as needed
- Perform a post-workout consultation

Student Progress/Assessment Methods

Students will be assessed through periodic quizzes, homework assignments and a final exam.

- Quizzes – Students will need to complete a quiz at the end of each chapter of their course workbooks. There will be no grade given, the only requirement is that they complete the quiz 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.
- Students' practical teaching skills will be assessed on the last day of the course (hours 9-10). Students will be required to take a peer through a 45-minute personal training session and receive constructive feedback regarding their performance; there is no mark given for this evaluation.
- Students must then complete a final exam with a passing score of 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 have 100% attendance or equivalent and receive 70% on their final exam in order to graduate from the course and receive a Letter of Completion.

Program Organization

Name of Course	# of Instructional Hours
1. Personal Trainer Basics	10



Personal Training Basics Course Outline

Personal Training Basics Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), this thirty-two-hour Personal Trainer Basics course is designed for individuals wishing to learn the instructional basics of personal training. In this course, students will learn how to perform an initial consultation, assess a client's heart disease risk profile; develop a basic fitness Course for apparently healthy individuals; teach safe and effective exercises and stretches; and perform a post-workout consultation. This course is the second step of a three-step certification process and is the pre-requisite for the Personal Trainer Comprehensive course.

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 Club 16, Orange Theory, Golds Gym, Live Well, Tsawwassen Springs Fitness, Fitness on the Go, Living Well, Anytime Fitness, Fit 4 Two, Twist Performance, Ron Zalko. Alive and Well, Snap Fitness, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Prime Fitness, Cruise Ships, Vacation Resorts such as Club Med and more.

Admission Requirements

The admission requirements for this Course are as follows:

- Completion of the Fitness Theory Course or equivalent
- Must be 16-years of age
- The ability to speak english
- A passion for fitness

Required Books

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

- Infocit Educators Personal Training Basics Workbook

Course Duration

The Personal Training Basics Course takes 4 days to complete with a total of 27 instructional hours spread out over 2 weekends (32 scheduled hours).

Homework Hours

Students can expect to perform approximately 8-16 hours of homework over the course of the two weekends.

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	5.0
In-class Demonstration	7.5
Lab time	3.5
Hands-on Practice	4.0
Group Work	7.0
Total Instructional Hours	27.0 hours

Learning Outcomes

By the end of the course, Infofit students will be able to:

- Greet and interview a client
- Assess a client's heart disease risk profile and readiness for physical activity
- Design and instruct a basic, individualized, and appropriate exercise Course for apparently healthy individuals
- Ensure a safe exercise environment
- Teach safe and effective exercises and stretches
- Monitor participant progress and make regular adjustments to Courses as needed
- Perform a post-workout consultation

Student Progress/Assessment Methods

Students will be assessed through periodic quizzes, homework assignments and a final exam.

- Quizzes – Students will need to complete a quiz at the end of each chapter of their course workbooks. There will be no grade given, the only requirement is that they complete the quiz 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.
- Students' practical teaching skills will be assessed on the last day of the course (Day 4). Students will be required to take a peer through a 45-minute personal training session and receive constructive feedback regarding their performance; there is no mark given for this evaluation.
- Students must then complete a final exam with a passing score of 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 have 100% attendance or equivalent and receive 70% on their final exam in order to graduate from the course and receive a Letter of Completion.

Course Organization

Name of Course	# Of Instructional Hours
2. Personal Trainer Basics	27



Personal Training Basics Online Course Outline

Personal Training Basics Program Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA), and approved by ACE (American Council on Exercise) this online Personal Trainer Basics course is designed for individuals wishing to learn the instructional basics of personal training. In this course, students will learn how to perform an initial consultation, assess a client's heart disease risk profile; develop a basic fitness program for apparently healthy individuals; teach safe and effective exercises and stretches; and perform a post-workout consultation. This course is the second step of a three step certification process and is the pre-requisite for the Personal Trainer Comprehensive course.

Career Opportunities

The Infokit graduate is in high demand and can find work as an on-floor service instructor with one or more of our industry affiliates such as Fitness on the Go, Gold's Gym, Innovative Fitness, Steve Nash Fitness Clubs, YMCA, YWCA, Anytime Fitness, Momentum Fitness and more.

Admission Requirements

The admission requirements for this program are as follows:

- Completion of the Fitness Theory Course or equivalent
- Must be 16-years of age
- The ability to speak and understand English
- A passion for fitness

Required Textbooks

This workbook and textbook will be available to the student for download upon registration or first day of login to the website:

- Infokit Educators Personal Training Basics Workbook
- ACE Personal Trainers Manual, 5th Edition summary study notes

Program Duration

The Personal Training Basics program takes approximately 51.5 hours to complete.

Delivery Methods

On-line delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	5.0
Readings	13.0
Practice	20.0
Assignments and Quizzes	13.5
Total Hours	51.5 hours

Learning Outcomes

By the end of the Program, Infokit students will be able to:

- Greet and Interview a client
- Assess a client's heart disease risk profile and readiness for physical activity
- Design and instruct a basic, individualized and appropriate exercise program for apparently healthy individuals
- Ensure a safe exercise environment

- Teach safe and effective exercises and stretches
- Monitor participant progress and make regular adjustments to programs as needed
- Perform a post-workout consultation

Student Progress/Assessment Methods

Students will be assessed through periodic quizzes, assignments and a final exam.

- Quizzes – Students will need to complete a quiz at the end of each chapter of their course workbooks. There will be no grade given, the only requirement is that they complete the quiz; students receive online feedback regarding their answers.
- Assignments – Most chapters/sections in their workbooks will have assignments to complete as well as complete a practical component
- Students must then complete a final exam with a passing score of 70%.

Attendance Expectations

Students are expected to complete 100% of the course.

Dress Expectations

Students are studying at home, no dress code is required.

Graduation Requirements

Students must have 100% completion of assignments and quizzes and receive 70% on their final exam in order to graduate from the course and receive a Letter of Completion.

Program Organization

Name of Course	# of Hours
3. Personal Trainer Basics	51.5