

INFOFIT Educators



Personal Training Certification Full Time Diploma

Program Outline

Full Time Program Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA) and approved by American Council on Exercise (ACE) this 320-hour Personal Trainer Full Time program is designed for individuals wanting to pursue a career in the fitness industry as advanced personal trainer and group fitness instructor. It is a 6-course program that takes 12.5 weeks to complete. In this program, students will learn a comprehensive knowledge such as: basic anatomy, biomechanics, exercise physiology, exercise analysis, exercise safety, nutrition, 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 and advanced fitness programs for apparently healthy individuals and those with special needs (e.g., diabetes). Students will learn a wide variety of exercises, stretches and instructional methods during Apprenticeship Training Program (ATP) which will help prepare them for work in the fitness industry. Students will also learn all the elements of being a group fitness instructor and be able to instruct any type of group exercise class.

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 Fitness on the Go, Anytime Fitness, Golds Gym, Innovative Fitness, Club 16, Fitness World, YMCA, YWCA, Prime Fitness and more.

Admission Requirements

The admission requirements for this program are as follows:

- Must be 19-years of age or graduated from high school (or equivalent)
- The ability to speak and understand English
- A passion for fitness

Required Textbooks

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

- American Council on Exercise, Personal Trainer Manual 6th edition (2020)
- ACE Essentials of Exercise Science
- ACE Personal Trainer Study Companion
- ACE Group Fitness Instruction Manual
- ACE Group Fitness Study Companion
- Strength Training Anatomy
- The Great Anatomy Colouring Book

Students will also receive a workbook for each of the six courses, exam prep study guides, online ACE Textbook summary notes, and additional study materials.

Program Duration

The full-time program is offered during the week, Monday-Thursday, and takes a minimum of three months to complete with a total of 320 instructional hours. The program will also include one group fitness instructor weekend course.

Homework Hours

Students can expect to perform 120 hours of homework over the course of the program (approximately 10 hours per week)

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	97.5
In-class Demonstration	70
Lab time	45
Hands-on Practice	87.5
Group Work	20
Total Hours	320 hours

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 or special populations who have received medical clearance
3. Ensure a safe exercise environment.
4. Monitor participant progress and make regular adjustments to programs as needed.
5. Design short and long-term programs based on BCRPA standards and guidelines.
6. Refer to appropriate health care providers when dealing with clients who have conditions that the Personal Trainer is not specifically accredited to address
7. The student will be able to develop a lesson plan to teach a basic fitness class and bootcamp class.

Student Progress/Assessment Methods

The student will be assessed through periodic quizzes throughout the program, in-class participation, and final exams for each course (i.e., FT, PTB & PTC) of the program.

Quizzes – Students will need to complete a quiz at the end of each chapter of their course workbooks. Chapters/sections in their workbooks will have a final quiz to complete by an established timeline which will make up a portion of their final course mark. 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.

Program Organization

Name of Course	# of Instructional Hours
1. Fitness Theory	80
2. Personal Trainer Basics	80
3. Personal Trainer Comprehensive	80
4. ATP 1 – Practical Skills	30
5. ATP 2 – Practical Skills	30
6. Group Fitness	20
Total	320

Graduation Requirements:

Students must pass all four exams to graduate from the program.

There will be four final exams:

- A one hour, 60-question multiple choice exam after the Fitness Theory course – passing grade 70%
- A practical skills evaluation after the Personal Trainer Basics Course – passing grade 75% and a one-hour multiple choice exam after the Personal Trainer Basics Course passing grade 70%
- A one-hour multiple choice exam after the Personal Trainer Comprehensive course – passing grade 70%

- A practical skills evaluation after the Personal Trainer Comprehensive course – passing grade 75%
- A group fitness practical skills evaluation with a passing grade of 75%

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.