



Personal Trainer Comprehensive Course Outline

Fast Track Weekend

Home Study

Personalized

Fast Track Weekend Program Outline

Recognized by the British Columbia Recreation and Parks Association (BCRPA) and approved by American Council on Exercise (ACE) this thirty-two-hour Personal Trainer Comprehensive course is designed for individuals wishing to become elite personal trainers. In this course, students will learn standard legal terminology and documentation pertaining to the fitness industry; health screening methods and risk stratification analysis; fitness testing and data interpretation; advanced exercise analysis and program design; dysfunctional exercise movement patterns; and effective back care exercises. This course is the final step of a three-step certification process.

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 Personal Training Basics Course or equivalent
- Must be 16-years of age
- The ability to speak English
- A passion for fitness

Required Books

Students will receive an Infokit workbook.

Program Duration

The Personal Trainer Comprehensive program takes 4 days to complete with a total of 27 instructional hours spread out over 2 weekends (32 scheduled hours). Or taught in the evening spread over 8 weeknights with a total of 27 instructional hours.

Homework Hours

Students can expect to perform approximately 6 -12 hours of homework over the course of the two weekends.

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	8.0
In-class Demonstration	7.0
Lab time	3.5
Hands-on Practice	5.0
Group Work	3.5
Total Instructional Hours	27.0 hours

Learning Outcomes

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

- Explain key terms and concepts related to business, law, and scope of practice as it pertains to the personal trainer.
- Perform a thorough health screening and risk stratification of a client.
- Determine if a client requires medical clearance prior to beginning physical activity.
- Identify special considerations, issues or potential problems pertaining to a client's profile and develop a proactive action plan to address these concerns.
- Conduct physical fitness assessments related to body composition, cardiovascular, muscular and flexibility systems.
- Design client-specific exercise programs based on fitness testing data.
- Identify and correct dysfunctional exercise movement patterns.
- Provide clients with back care exercises for jobs involving long-term sitting.
- Implement motivation and exercise adherence strategies.

Student Progress/Assessment Methods

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

- 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.
- Case Studies - Students' knowledge will be assessed using three (3) case study assignments that they complete during class time - these case studies are corrected as a group during class.

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 a passing grade of 70% on their final exam to receive a Letter of Completion.

For students to be Certified Personal Trainer they must pass either a Provincial (BCRPA 70%) or International Exam (ACE, ACSM)

Program Organization

Name of Course	# of Instructional Hours
1. Personal Trainer Comprehensive	27

Home Study

Personal Training Comprehensive Program Description

Recognized by American Council on Exercise (ACE) the British Columbia Recreation and Parks Association (BCRPA), the Personal Trainer Comprehensive course is designed for individuals wishing to become elite personal trainers. Infofit's Personal Training Course is approved with the BCRPA (32 CEC) and recognized by College of Massage Therapists of BC (14 CEC).

This course prepares you to successfully write National and International Personal Trainer Certification Exams for: ACE, ACSM, BCRPA, CPTN, [NSCA](#).

Career Opportunities

The Infofit 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 Infofit's Weight Training/PTB course or equivalent
- Must be 16-years of age
- The ability to speak and understand English
- A passion for fitness

Required Textbooks

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

- Infofit Educators Personal Training Comprehensive Workbook
- ACE Personal Trainers Manual, 6th Edition summary study notes

Program Duration

The Personal Training Comprehensive 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, INFOFIT students will be able to:

- Explain key terms and concepts related to business, law, and scope of practice as it pertains to the personal trainer.
- Perform a thorough health screening and risk stratification of a client.

- Determine if a client requires medical clearance prior to beginning physical activity.
- Identify special considerations, issues or potential problems pertaining to a client's profile and develop a proactive action plan to address these concerns.
- Conduct physical fitness assessments related to body composition, cardiovascular, muscular and flexibility systems.
- Design client-specific exercise programs based on fitness testing data.
- Identify and correct dysfunctional exercise movement patterns.
- Provide clients with back care exercises for jobs involving long-term sitting.
- Implement motivation and exercise adherence strategies.

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 to graduate from the course and receive a Letter of Completion.

Program Organization

Name of Course	# Of Hours
2. Personal Training Comprehensive	51.5

Personalized

Personal Trainer Comprehensive Personalized Course Description

Recognized by the British Columbia Recreation and Parks Association (BCRPA) and approved by The American Council on Exercise (ACE), this 14-hour Personal Trainer Comprehensive Personalized course is designed for individuals wishing to become elite personal trainers. In this course, students will learn standard legal terminology and documentation pertaining to the fitness industry; health screening methods and risk stratification analysis; fitness testing and data interpretation; advanced exercise analysis and program design; dysfunctional exercise movement patterns; and effective back care exercises. This course is the final step of a three-step certification process.

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 Personal Training Basics Course or equivalent
- Must be 16-years of age
- The ability to speak English
- A passion for fitness

Required Books

Students will receive an Infokit workbook for the program

Program Duration

The Personal Trainer Comprehensive Personalized course takes 14 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 4 weeks.

Homework Hours

Students can expect to perform approximately 6 -12 hours of homework over the course of the four weeks.

Delivery Methods

On-site delivery

Instructional Methods

Method of Instruction	Contact Hours
Lecture	4.0
In-class Demonstration	4.0
Lab time	2.5
Hands-on Practice	3.5
Total Instructional Hours	14.0 hours

Learning Outcomes

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

- Explain key terms and concepts related to business, law, and scope of practice as it pertains to the personal trainer.
- Perform a thorough health screening and risk stratification of a client.
- Determine if a client requires medical clearance prior to beginning physical activity.
- Identify special considerations, issues or potential problems pertaining to a client's profile and develop a proactive action plan to address these concerns.
- Conduct physical fitness assessments related to body composition, cardiovascular, muscular and flexibility systems.
- Design client-specific exercise programs based on fitness testing data.
- Identify and correct dysfunctional exercise movement patterns.
- Provide clients with back care exercises for jobs involving long-term sitting.
- Implement motivation and exercise adherence strategies.

Student Progress/Assessment Methods

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

- 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.
- Case Studies - Students' knowledge will be assessed using three (3) case study assignments that they complete during class time - these case studies are corrected as a group during class.

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 a passing grade of 70% on their final exam to receive a Letter of Completion.

For students to be Certified Personal Trainer they must pass either a Provincial (BCRPA 70%) or International Exam (ACE, ACSM)

Program Organization

Name of Course	# of Instructional Hours
3. Personal Trainer Comprehensive	14