

# Fitness Theory



Become a

# Certified Fitness Professional

The Leader in Fitness Education  
in New Brunswick!

NATIONALLY RECOGNIZED  
through the National Fitness  
Leadership Alliance



## Course Content



Gaining an understanding in the basics of fitness is an important step in taking responsibility for a healthy, active lifestyle. This **24 hour course** is designed to stand on its own (for those interested in personal education) or to be used as a pre-requisite to the Fitness NB specialty courses (for leaders seeking certification.)

*Please note: Fitness Theory is a pre-requisite for all Fitness NB specialty courses.*

### Content Includes:

- Historical Perspective
- National Fitness Leadership Alliance (NFLA)
- Fitness NB Certification/Re-certification Process
- Healthy Lifestyles
- Active Living
- Lifestyle Behaviors
- Holistic Fitness and Self Responsibility
- Intrinsic and Extrinsic Reasons for Improving Fitness
- Health Risk Factors Associated with Coronary Heart Disease
- Principles of Conditioning
- Components of Fitness
- Basic Training Principles
- FITT Formula
- Monitoring Exercise Intensity
- Physiology of Exercise
- The Heart and Circulatory System
- The Respiratory System
- The Energy Systems
- Maximum Oxygen Uptake
- Long Term Effects of Exercise on the Cardiovascular and Respiratory System
- Skeletal System
- Anatomical Body Positions
- Movement Terminology
- The Vertebral Column
- Joints
- Muscular Anatomy
- The Sliding Filament Theory
- Types of Muscle Contractions
- Muscles and Their Movements
- Agonist/Antagonist Muscles
- Movement Mechanics
- Lever Systems
- Stability
- Centre of Gravity
- Safety and Common Injuries
- Preventive Measures
- Injuries - Prevention and Cause
- Common Injuries
- Exercise Analysis
- Guidelines for Designing Exercises
- Contraindicated Exercises
- Nutrition
- The Essential Nutrients
- Canada's Guidelines for Healthy Eating
- Food Labels
- Energy Balance
- Nutrient Supplements
- Body Mass Index
- Adult Learning Principles
- Leadership Styles
- Communication
- Giving and Receiving Feedback
- Legal Liability
- The Law
- Potential Negligence Situations
- Waivers, Informed Consent and the PAR-Q
- Suggestions for Purchasing Liability Insurance



## Contact Us

For more information on upcoming courses, workshops, or membership please contact:

### Fitness New Brunswick

1216 Sand Cove Road, Unit 2  
Saint John, NB  
E2M 5V8

Tel: (506) 672-1993

Toll Free: 1-888-790-1411

Fax: (506) 672-8762

E-mail: [membershipservices@fitnessnb.ca](mailto:membershipservices@fitnessnb.ca)

Web Site: [www.fitnessnb.ca](http://www.fitnessnb.ca)

CONDITIONNEMENT PHYSIQUE  
Nouveau-Brunswick



**FITNESS**  
New Brunswick

### Mission Statement

Fitness New Brunswick is a not-for-profit organization dedicated to educating the community and certifying leaders by upholding excellence in training and professional standards.



## Certification Process

### Stage One: Fitness Theory

- Full attendance at the Fitness Theory (FT) Course.
- Successful completion of the FT Exam (80% or higher).

### Stage Two: Specialty Course

- Full attendance at a Specialty Course. (Group Fitness Leadership, Resistance Training Leadership, Aquafitness Leadership, Older Adult Fitness Leadership, Personal Fitness Trainer.)
- Successful completion of the Specialty Exam (80% or higher.)

### Stage Three: Apprenticeship

- Recommended 8 hours of practical experience in a formal setting.

### Stage Four: Evaluation

- Current Adult 1 person CPR. (Please note: Personal Fitness Trainers must also hold a current First Aid Certificate.)
- Practical Evaluation.

### Stage Five: Certification

- Successful completion of stages 1-4.
- Payment of annual Fitness NB Professional Association Fee.
- Certification requirements must be completed within 6 months.

**Call Fitness NB to find out more about Examination Challenges!**



## About Fitness NB

**Top professionals are certified with Fitness New Brunswick for the following reasons:**

- Fitness NB is a not-for-profit organization recognized as **THE** provincial certifying agency for fitness professionals in New Brunswick.
- As a not-for-profit organization, Fitness NB is an unbiased source of fitness education and certification.
- A Fitness NB certification is recognized Nationally and transferable to any province/territory in Canada.
- A Fitness NB certification elevates the credibility and marketability of the fitness professional since the consumer is reassured that minimal national standards (FNB) have been met.
- Fitness NB promotes professionalism in the fitness industry.
- Fitness NB certifications reduce liability risk for the leader and facility.
- Fitness training provides standardization and consistency of leadership.
- Fitness NB creates public awareness and recognition of safe and effective practices for fitness professionals.

**Fitness NB offers certifications in:**  
Group Fitness, Resistance Training, Older Adult, Aquafitness, Personal Fitness Training and more!