

Personal Fitness Trainer Course Content

Introduction (1.5-2 hours)

- Course Overview
- Definition of a Personal Fitness Trainer
- Scope of Practice
- Code of Conduct
- Certification Requirements
- Re-Certification Requirements
- Specialty Populations

Pre-Screening (.5 hours)

- Par Q
- Consent Form
- Waivers
- Par Med X
- Par Med X Pregnancy

Information Gathering (3 hours)

- BMI
- Waist Girth
- Blood Pressure (teaching & practice time up to the course conductor)
- Heart Rate
- Girth Measurement
- Testing Skills

Review of Exercise Science (1 hour)

- Anatomy
- Exercise Physiology
- Biomechanics

Exercise Planning and Program Design (2 hours)

- Interpretation of Information Gathering
- Client's needs and goal setting
- Application of test results/client needs
- Work-out plan
- Daily Journals i.e. Fit Log Book

Training Principles, Methods, Equipment (3 hours)

- Cardiovascular conditioning
- Muscular strength and endurance
- Flexibility

Safety and Injury Prevention (1 hour)

- Contraindicated Exercises
- Signs and symptoms of common fitness related injuries
- Acute treatment
- The healing cycle
- How to proceed with existing injuries

Business Administration (2 hours)

- Setting up a small business
- Record-keeping
- Budgeting
- Business registration/licensing/HST
- Contracting
- Staffing
- Marketing

Risk Management (2 hours)

- Liability-Waivers and Insurance
- Limitations (review scope of practice)
- Selection of appropriate equipment, footwear, apparel
- Recommendations re: at risk groups or individuals
- Health care referrals
- Communicating with Medical professionals

Counselling Skills (2 hours)

- Communication (with clients)
- Leadership skills
- Listening skills
- Feedback/evaluation
- Exercise adherence
 - Goal setting
 - Motivation

Nutrition (1 hour)

- Basic nutrition principles/Fad diets
- Weight management
- Eating disorders-Signs and recognition
- Special considerations (i.e. athletes, special populations)
- Ergogenics/Supplements and top performance enhancing substances
- Canada's Food Guide, Fitness Wheel etc.

Active Living (1 hour)

- Achieving wellness:
 - wellness model based on questionnaires
 - balanced lifestyle
 - stress management

Professionalism (2.5 hours)

- Self-evaluation
- Career options
- Ethics
- Abuse and Harassment
- Resource networking
- Consumer viewpoint
- Continuing education
- Addressing burn out
- Refusal of clients

Case Studies (3 hours)

- Two case studies will be assigned by the course conductor for at home completion.

Review (3 hours)

- Review of material covered (scheduled at the end of weekend one or at the halfway point of the course).
- Review of material covered (scheduled prior to the writing of the Personal Fitness Trainer's Exam.

Exam (3 hours)

- A 3-hour exam to be written on the final day of the course.

Total Time: 32 hours