

FITNESS NB POLICIES AND PROCEDURES CERTIFICATIONS

Page 1 of 2

Policy #: 94003C **Certification Requirements for Group Fitness Leaders and Evaluators**

Updated and approved: June 4, 2013

Rationale: As public knowledge increases and with the growing interest in self health care, fitness leaders are required to design more sophisticated fitness programs and answer more in-depth questions. The certification process ensures that the fitness leader has met the minimum standards to lead a safe, fun, and effective exercise program.

Policy: The following is an outline of the pre-requisites and certification requirements necessary in order for an individual to complete the Fitness Theory and become certified in the, Group Fitness Leader specialties (GFL) of; Choreography, Step, Portable Equipment, Indoor Cycling, Resistance Training, Aqua-fitness, Older Adult, Yoga.

Fitness Theory (FT)

Pre-requisites:

- Minimum 16 years old.
- Current member of FNB.

Completion Requirements:

- Full attendance at the workshop.
- Eighty percent (80%) on theory exam. (Valid for two years)

Exemptions: *Exceptions to allow bypassing FT may be given to the following:*

- Current CSEP Certified CPT and CEP individuals. (If not current, valid for two years from certification expiry)
- Students who have completed any post-secondary courses covering anatomy, exercise physiology and physical principles of exercise conditioning, analysis and design with a 75% or equivalent grade. (Valid for two years from completion of the courses, and or the degree/diploma)

Group Fitness Leadership specialties:

Pre-requisites:

- Minimum 16 years old.
- Current member of FNB.
- Successful completion of FT requirements.

Certification Requirements:

- Full attendance at the specialty course or workshop.
- Current CPR A or C ***Updated annually***
- Eighty percent (80%) on theory exam
- Successful completion of the practical evaluation (within 6 months of theory exam).
- YFL specialty only - completion of 8 hours of documented practical teaching to be submitted along with one complete class lesson plan at the practical evaluation
- Annual payment of FNB membership fee.
- Annual payment of FNB liability insurance.

Group Fitness Leader Evaluator Certification Requirements

The following is an outline of the pre-requisites and certification requirements necessary in order for an individual to become an evaluator for the Group Fitness Leader specialties of; Choreography, Step, Portable Equipment, Indoor Cycling, Resistance Training, Aqua-fitness, Older Adult, Yoga.

Pre-requisites:

- Current specialty certification.
- Minimum 300 hours of on-floor instruction (written confirmation required).
- A minimum of 5 years as an FNB certified specialty leader.
- Recommendation for certification by an FNB certified course conductor (or the ED upon discussion).

Certification Requirements:

Discussion and full review of the specialty evaluation contents with the ED or an evaluator appointed by the ED prior to conducting an evaluation.

Effective Date: **June 4, 2013**

Last Reviewed: June 17, 2014