

Policy # **94003C** **Pre-Requisites and Certification Requirements for Group Fitness Leaders**

Approved by Board: March 20, 2021

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 Exercise 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.

Exercise Theory (ET)

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 ET 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 ET requirements.

Certification Requirements:

- Full attendance at the specialty course or workshop.
- Current CPR (any level) as per expiry date on CPR certificate
- Eighty percent (80%) on theory exam
- Successful completion of the current FNB/FLC 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.

Effective Date: April 1, 2021

*Updated wording and revised: **February 2021** (Moved evaluator component to CCE Policies)*

*Reviewed updated wording: **June 4, 2013** (Amalgamated GFL under one category).*

*Original date approved by Board: **September 1st, 1994***