

DOUGLAS COLLEGE

# SPORTS INSTITUTE

The Douglas College Sports Institute is extremely excited to announce YOU can continue your Personal Trainer Certification IN-PERSON starting January 12<sup>th</sup>, 2023:

## Module 1: IN-PERSON Fitness Theory & IN-PERSON Fitness Theory Review Class

The Fitness Theory Course and Fitness Theory Review Class Course is your first step and module in becoming a BCRPA Personal Trainer. The Fitness Theory Course will provide information on how to keep you and others fit and well in a safety-oriented environment. Topics will include information on bones, muscles, toning, strengthening and gaining flexibility, principles for your circulatory system, safety, exercise ideas and basic nutrition. This course is BCRPA recognized.

Fitness Theory Classes run two weeknights (6:30pm – 9:30pm) and Saturdays (10:00am – 3:30pm). All classes are IN-PERSON at Douglas College (New Westminster Campus). All classes are mandatory with exception. There are no prerequisites for this program, only that the student is over the age of 18yrs old when they write their BCRPA Fitness Theory Exam which required after the completion of the Fitness Theory Course. The Fitness Theory Course is a prerequisite to the Weight Training Instructor, Personal Training Instructor, Group Fitness Instructor, Yoga Instructor and/or any other Fitness certifications with the BCRPA. ***Please note:*** *This program is a part time program and cannot be used to apply for a Student Visa.*

### FITNESS THEORY MODULE SCHEDULE THROUGH BLACKBOARD:

Thursday	January 12	6:30pm – 9:30pm	Thursday	January 26	6:30pm – 9:30pm
Saturday	January 14	10:00am – 3:30pm	Saturday	January 28	10:00am – 3:30pm
Tuesday	January 17	6:30pm – 9:30pm	Tuesday	January 31	6:30pm – 9:30pm
Thursday	January 19	6:30pm – 9:30pm	Thursday	February 2	6:30pm – 9:30pm
Tuesday	January 24	6:30pm – 9:30pm	Tuesday	February 7	6:00pm – 10:00pm **

*\*At this time, ALL program/module schedules will be scheduled module by module and finalized as we move forward to allow enough time for students to complete certain BCRPA to be eligible to move forward. Students will be still required to complete certain requirements to be eligible to move forward with their Person Trainer Program*

**ALL A to Z: Become a Personal Trainer Program Registration can be done through email at [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca) or by Phone (604-527-5472), where we can process your registrations and provide further information on how to make a payment. Payment options are Visa/MasterCard or if necessary Online Bill Payment.**

**The cost of the Fitness Theory Module is \$565 and it includes:**

- Fitness Course
- Textbook *\*used for WHOLE Program*
- In-Person Classes at Douglas College (New Westminster Campus – ONLY)
- Online Course materials through Blackboard Platform
- In-Person Fitness Theory Review Class (February 7<sup>th</sup>, 2023)

**Items NOT Included in cost for the Fitness Theory Module:**

- BCRPA Fitness Theory Exam (\$110 + taxes payable directly to the BCRPA) – 60 multiple choice exam that students are required to get 80% or better to pass. *Students who wish to be BCRPA Fitness Leader must complete and pass the BCRPA Fitness Theory Exam (80%+) separately on their own to receive credit with the BCRPA)*
- First Aid/CPR certification required by all BCRPA Fitness Leaders
- 1 year Fitness Registration with the BCRPA - \$105 (cannot be purchased until the first 2 items on this list are completed)

**To register Students have the following options:**

1) **By Phone** **By Phone:** 604-527-5472 *\*(During office hours: <https://www.douglascollege.ca/programs-courses/continuing-education/contact-us>)\**

2) **By Email:**

Complete the Registration form attached and submit it to [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca) via email. Students must register into **ALL** CRNs listed on the Registration Form. **Please read instructions on Registration form.** *\*\*Once your registration form is submitted, one of our Registration Officers will reply to your email in a timely manner with instructions on how to make your payment\*\**

**PLEASE NOTE:**

- *Students are required to make their payment for the Fitness Theory Module (\$565) within **24hrs** of registration to complete their registration once receiving their instructions email from one of our Registration Officers.*
- *Student will **ONLY** receive a payment confirmation email once payment is received. **PAYMENT IS REQUIRED TO COMPLETE REGISTRATION.***

**For more information, please email [sportsinstitute@douglascollege.ca](mailto:sportsinstitute@douglascollege.ca) and/or visit our website: <https://www.douglascollege.ca/programs-courses/continuing-education/sports-institute/a-to-z-become-a-personal-trainer>**

# A to Z: Become a Personal Trainer

## 1. START HERE

### Fitness Knowledge Course

-Foundational course covering topics on Anatomy, Physiology, Basic Training Principles ,etc.

## 2. Fitness Theory Exam

-Tests students on Fitness Knowledge— done through ProctorU

## 3. Register as a Fitness Leader

-The Registry lists fitness professionals who have met provincial and national standards.

-Required:

- First Aid/CPR
- 1yr Fitness Registration w/BCRPA

## 6. Personal Training Practicum

-20-hour Practicum to apply your knowledge in one-on-one sessions and small groups

## 5. Weight Training ICE

Instructor Competency Evaluation  
-Students are evaluated on their knowledge of weight training instruction

## 4. Weight Training Instructor Course

-Practical teaching skills learned to design basic programs for yourself and others

## 7. Personal Training Instructor Course

-Covers both marketing and business concepts together with fitness assessment, health screening, risk management, program design and ethics

## 8. Personal Training ICE

Instructor Competency Evaluation  
-Students are evaluated on their knowledge of personal training instruction

## 9. Personal Training Exam

-Final exam to become a BCRPA registered Personal Trainer

Back to Douglas College for Electives to keep BCRPA registration current!

Online and in-class courses are offered in a variety of subject areas:

- Nutrition Knowledge
- Techniques in Fitness Assessment
- Body Composition and Flexibility
- Strength, Endurance and Power
- Aerobic and Anaerobic Fitness

### For registration or information

#### Program Assistant

604.527.5492

sportsinstitute@douglascollege.ca

or

#### David Munro

604.527.5041

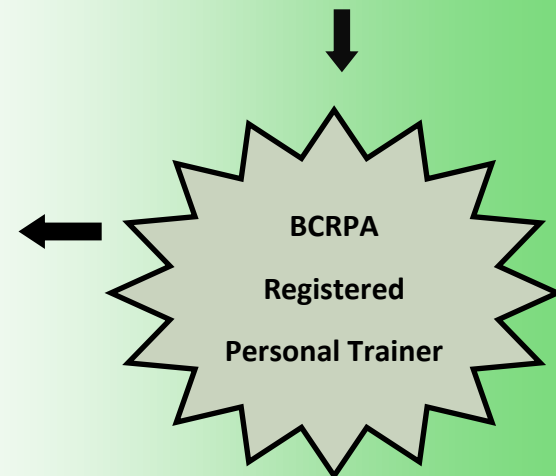
munrod@douglascollege.ca

### Location

Douglas College—New Westminster Campus

700 Royal Avenue

New Westminster BC



# DOUGLAS

# A to Z: Become a Personal Trainer Program

## JANUARY 2023 Intake: Fitness Theory Module

A to Z: Become a Personal Trainer Program Registration can be done through email at [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca) or by Phone(604-527-5472), where we can process your registrations and provide further information on how to make a payment. Payment options are Visa/Mastercard, Interac E-transfer or if necessary Online Bill Payment.

Full Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

*\*Registered in past Douglas College Courses/Programs*

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Birthdate (DD/MM/YYYY): \_\_\_\_\_

*\*required for registration*

Student Gender:      M      F      Non-Binary      Prefer not to answer

*\*required for registration*

Telephone (Preferred): \_\_\_\_\_

Email: \_\_\_\_\_

*\*required for registration*

Module	Term	CRN	Course Name	Tuition Fee
1	202311	11101	A to Z: Fitness Theory	\$510
	202311	11102	Fitness Theory (January 12 - February 2, 2023)	\$0
	202311	11103	Fitness Theory Review Class (February 7, 2023)	\$55
			<b>TOTAL:</b>	<b><u>\$ 565.00</u></b>

### INSTRUCTIONS TO REGISTER:

- 1) **By Phone:** 604-527-5472  
*\*(During office hours: <https://www.douglascollege.ca/programs-courses/continuing-education/contact-us>)\**
- 2) **By Email:** Complete the Registration form attached and submit it to [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca) via email. Students must register into **ALL** CRNs listed on the Registration Form. **\*\*Once your registration form is submitted, one of our Registration Officers will reply to your email in a timely manner with instructions on how to make your payment\*\***

**PLEASE NOTE:** Payment is required within 24hrs of receiving a payment instruction email from the CE Registration Office. Registration is **NOT** complete until payment is received by Douglas College.