

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 13th, 2022:

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 (9:00am – 2:00pm). 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.*

IN-PERSON FITNESS THEORY MODULE SCHEDULE THROUGH BLACKBOARD:

Tuesday	January 18	6:30pm – 9:30pm	Tuesday	February 1	6:30pm – 9:30pm
Thursday	January 20	6:30pm – 9:30pm	Thursday	February 3	6:30pm – 9:30pm
Saturday	January 22	9:00am – 3:00pm	Saturday	February 5	9:00am – 3:00pm
Thursday	January 27	6:30pm – 9:30pm	Thursday	February 10	6:00pm – 10:00pm**
Saturday	January 29	9:00am – 2:00pm			

**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 Personal Trainer Program*

ALL A to Z: Become a Personal Trainer Program Registration can be done through email at 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.

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 10th, 2022)

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 - \$109 (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 via email. Students must register into **ALL** CRNs listed on the Registration Form (CRNs: 11101, 11102, and 11103). **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 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 Program

JANUARY 2022 Intake: Fitness Theory Module

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Full Name: _____ Student ID: _____

Registered in past Douglas Camps

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	202211	11101	A to Z: Fitness Theory	\$510
	202211	11102	Fitness Knowledge (January 18- February 5)	\$0
	202211	11103	Fitness Theory Review Class (February 10)	\$55
			TOTAL:	<u>\$ 565.00</u>

INSTRUCTIONS TO REGISTER:

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(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 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.