

DOUGLAS COLLEGE

# SPORTS INSTITUTE

The Douglas College Sports Institute is extremely excited to announce YOU can continue your Personal Trainer Certification IN-PERSON starting November 4<sup>th</sup>, 2021:

## 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 – 1:00pm). 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 AT THE DOUGLAS COLLEGE NEW WESTIMINSTER CAMPUS - ONLY

Thursday	November 4	6:30pm – 9:30pm	Tuesday	November 23	6:30pm – 9:30pm
Tuesday	November 9	6:30pm – 9:30pm	Thursday	November 25	6:30pm – 9:30pm
Saturday	November 13	9:00am – 1:00pm	Tuesday	November 30	6:30pm – 9:30pm
Tuesday	November 16	6:30pm – 9:30pm	Thursday	December 2	6:30pm – 9:30pm
Thursday	November 18	6:30pm – 9:30pm	Tuesday	December 7	6:00pm – 10:00pm**
Saturday	November 20	9:00am – 1:00pm			

*\*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 are 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, 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 (December 7<sup>th</sup>, 2021)

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

- BCRPA Fitness Theory Exam (\$110 + taxes payable directly to the BCRPA) – 60 multiple choose 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](mailto:CEREG@douglascollege.ca) via email. Students must register into **ALL** CRNs listed on the Registration Form (CRNs: 31328, 31329 & 31330). **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 Program

## NOVEMBER 2021 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 Camps*

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

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

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

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	202131	31328	A to Z: Fitness Theory	\$510
	202131	31329	Fitness Theory Course (November 4 - December 2)	\$0
	202131	31330	Fitness Theory Review Class (December 7)	\$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.*