

CONTINUING STUDIES

PROGRAM INFORMATION SHEET

FITNESS LEADER

Document of Achievement

Provide motivation and education to an individual by administering a safe program of basic exercise in order to promote physical activity.

1. A high-impact program

If you are interested in teaching fitness courses, then this program is designed for you. Learn how to teach and lead in the fitness industry, and benefit from learning techniques to improve the fitness of your family and yourself. This three-course certificate will provide you with a compact but comprehensive overview of fitness theory, resistance training and so much more!

2. Recognized training

This program is offered in partnership with the Manitoba Fitness Council. The MFC Fitness Leader Program, with Specialty in Individual Fitness, recognizes your qualifications to work effectively in an individual setting, within your scope of practice, in the province of Manitoba.

3. Hit the ground running

Career opportunities may include working within community organizations leading fitness programs, employment in gym or fitness centers, or starting your own fitness business in the community.

4. Take it in stride

Becoming a fitness leader requires you take at least two courses. Every course has a written exam following the course and every certification requires a practical assessment as well in order to complete the certification.

ADMISSION REQUIREMENTS

Grade 10 or equivalent.

English Language Proficiency English is the language of instruction at ACC. All applicants educated outside of Canada or in a country not on the test exempt list are expected to meet the English language proficiency requirement. Visit assiniboine.net/elp for more information.

PROGRAM FEES

Course fees vary depending on credit hours. Visit assiniboine.net/cs for more details.

LOCATIONS

- Victoria Avenue East campus

PROGRAM REQUIREMENTS

To receive the Fitness Leader Document of Achievement you must take at least two course in the above table. Every course has a written exam following the course and every certification requires a practical assessment as well to complete the process. Additional designations can be taken when prerequisite certification is complete.

CONNECTIONS

Partnership with the Manitoba Fitness Council

Contact: 204.235.1245 or

info@manitobafitnesscouncil.ca

FOR MORE INFORMATION:

Continuing Studies at Assiniboine:

Phone: 204.725.8700 ext. 6002

Email: continuingstudies@assiniboine.net

Courses	Hours
Exercise Theory*	24
Resistance Training	22
Individual Fitness Leader	20
Yoga Fitness	40
Aqua Exercise	22
Group Fundamentals	9
Sport Conditioning	9
Step & Choreography	12
Group Cycle	9

* Required Course

Additional Designations	Hours
Individual Fitness Leader Prerequisite: Resistance Training	22
Pre/Post Natal Fitness Prerequisite: Any Certification	8
Active Older Adult Prerequisite: Any Certification	8