



# REGISTERED PERSONAL TRAINER

## Certificate of Achievement

Personal training is a flexible career option that is part of a thriving, booming industry. Learn to help clients move away from enduring exercise and strive towards enjoying exercise.

### 1 A healthy outlook

Whether for personal or professional enrichment, this program will set you on a path to providing motivation and education when promoting safe, physical activity. This certificate provides you with a compact but comprehensive overview of fitness theory, resistance training and so much more!

### 2 Training you can count on

Gain the experience you need to create a solid foundation that your clientele can trust. Led by industry experts and based on national standards, you can expect to learn through hands-on activities. Successful trainers will learn to administer individualized, safe, effective and appropriate exercise by applying current recommended guidelines.

### 3 Endurance-tested curriculum

You'll learn the basic theory behind fitness leadership and explore topics such as anatomy, physiology, applied movement mechanics, principles of training, workout design, basic nutrition, as well as the structure and approach to fitness classes. The structure and approach to fitness classes.

### 4 No limits

Find employment leading fitness programs within community organizations, gyms or fitness centres. Start your own business in the community or ladder your credentials. Gain additional certifications, including, but not limited to, health and wellness areas such as yoga, sports conditioning and Pilates.



## Admission Requirements

- Grade 10 or equivalent.

English is the language of instruction at Assiniboine. 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. See [assiniboine.net/elp](http://assiniboine.net/elp) for more information.

## Graduation Requirements

To receive a Registered Personal Trainer document of achievement, students must successfully complete 60 academic hours.

## Connections

This program is offered in partnership with the Manitoba Fitness Council.

## Program Fees

Tuition, fees and Student Association fees total approximately **\$1,230**. This does not include the written exam, charged and performed by the Manitoba Fitness Council.

Books are included in the cost of tuition for each course.

All fees are estimated and are subject to change without notice.

## Courses

NUMBER	COURSE TITLE	HOURS
SPRT-0118	Exercise Theory*	20
SPRT-0120	Resistance Training*	20
SPRT-0119	Registered Personal Trainer**	20

\*Requires an exam to be written through Manitoba Fitness Council  
\*\*Requires a practical evaluation through the Manitoba Fitness Council

*Note: Timelines, applicable industry experience, and teaching methodology will depend on program delivery choice; program information sheets subject to change without notice. Visit [assiniboine.net](http://assiniboine.net) for the most up-to-date information.*

## Next Steps!

Register now! Visit [assiniboine.net/register](http://assiniboine.net/register).

For more information on this program, visit [assiniboine.net/personaltrainer](http://assiniboine.net/personaltrainer).

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