



BCRPA Personal Training Certification Process



info@vipfitness.ca

778-574-1190



Personal Training Certification Process

BCRPA's certification is quite simple to become a Personal Trainer. There are 3 primary courses you must complete and their required exams. Each of the courses and their requirements are listed below. For a summary, [click here to view](#).

1. Fitness Theory Course

The Fitness Theory Course will teach you how your body functions and responds to exercise and increase your awareness of fitness and health. You will learn that through exercise you will gain physical, social and emotional well-being developing your active health. This course is the prerequisite for becoming an instructor in weight, aerobics, aquatics, seniors, or a Personal Trainer.

Course Content:

- How to develop a basic workout program, fitness principles, heart rate monitoring, and preventing injuries;
- Physiology: including energy systems, cardio-respiratory systems and fat-burning;
- Anatomy: including bones and muscles and how they grow stronger through exercise;
- Exercise Risks Sports Injuries and Treatments: Learn to avoid, recognize and treat common sports injuries;
- Safety in Exercise Design: Learn the safest and most effective ways to workout;
- Nutrition, Diet and Exercise: You will learn about protein, carbohydrates, other supplements and healthy eating for fitness;
- Strength, Flexibility and Cross-Training: Understand the principles of stretching, how muscles gain strength and how to combine the two for muscle balance.
- And much, much more!

Prerequisites:

- None!

Exam Requirements:

- BCRPA Fitness Theory Written Exam (60 multiple choice - 1 hour)

2. Weight Training Course

The Weight Training Specialty Module is a practical course designed to teach leadership skills for exercise instruction and program design in a weight room setting.

Course Content:

- Learn more about the industry;
- Learn about the various training equipment modalities;
- Design effective and efficient weight training programs for a variety of ages, stages and special needs groups;
- Review of anatomy and physiology as it relates to weight training;
- Learn effective counseling and communication skills;

- Practical application of scientific training principles; nutrition, supplements; professional ethics and career direction.
- Spend over 7 hours of hands on time in the gym learning how to use the equipment and instruct others - a fundamental component of being a professional trainer.

Prerequisites:

- Written and passed the BCRPA fitness theory exam;
- Current certificate in basic First Aid and CPR;
- Registered with BCRPA (following receipt of exam mark from BCRPA).

Exam Requirements:

- BCRPA Instructor Competency Exam - ICE (2 hour practical exam in the gym)

3. Personal Training Course

The final step in becoming a BCRPA certified Personal Trainer. The course will give you the tools to safely and confidently design personalized fitness programs for your clients.

Course Content:

- The course guides you through the ACE manual and covers: anatomy, physiology, anatomical planes, practical application of lever principles, nutrition, the effects of medications and certain food, health screening, testing and evaluation, medical limitation, cardio respiratory program design, muscular strength and endurance program design, machines vs. free weights, postural analysis, stretching program design, adherence, motivation, counseling, communication, legal issues and business administration.
- This very thorough course will ensure you are comfortable training your clients.

Prerequisite:

- Registered with BCRPA;
- Completion of the Weight Training Course ;
- Basic First Aid and CPR
- Twenty (20) basic program designs completed. This is validated by supervisor (contact your Weight training course conductor for more details);
- ACE Personal Trainers manual (not included in price) purchased through the BCRPA office.

Exam Requirements:

- BCRPA Instructor Competency Exam - ICE (1 hour practical exam in the gym)
- BCRPA PT Written Exam (60 multiple choice, matching & 1 scenario question - 3 hours)