

## BCRPA Weight Training Course

Correspondence track to BCRPA certification!

☞ 4 Steps to Success ☞

STEP 1

Call **778.574.1190**, email [info@vipfitness.ca](mailto:info@vipfitness.ca), or visit [vipfitness.ca/courses.asp](http://vipfitness.ca/courses.asp) to order the Correspondence Program

STEP 2

Complete the **THEORY Component** (Six written assignments)

STEP 3

Complete the 1-4 hour **PRACTICAL Component** (Reviews exercises and the BCRPA ICE package)

STEP 4

Following steps 1-3, complete the BCRPA ICE package

**Congratulations...**

You are now a BCRPA recognized Strength Training Instructor!



### Cost:

- \$299 (+ HST) = \$334.88
- \$15 shipping

### Included in price:

- Complete Correspondence Course (Theory and Practical Components).
- *A Professional Guide to Resistance Training* (BCRPA approved) book.
- Attendance at the **Practical Component** in Victoria or Vancouver.
- You have **three (3) months** to complete the program (BCRPA requirement).

### Payment Options:

1. **FASTEST:** Online at [vipfitness.ca/\\_correspondence.shtml](http://vipfitness.ca/_correspondence.shtml) Use your credit card or PayPal account.
2. **FAST:** Call VIP Fitness at 778.574.1190 with your credit card information.
3. **REGULAR:** Complete and mail the form below.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

Method of Payment

Cheque

Visa

MasterCard

Online



\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Exp. date

\_\_\_\_\_  
Signature



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*BCRPA Recognized*  
**Weight Training Course**  
*via Correspondence*

## BCRPA recognized Weight Training Course

## FAQs...

This course is designed to provide the practical skills and theoretical knowledge to conduct safe and effective strength training instruction at home and at your local fitness facility. The correspondence course has 2 components - Theory and Practical - that must be completed before a successful course completion certificate will be issued. You can take up to 4 months to complete both components.

**Theory Component** - This component consists of six (6) assignments of varying length. Each assignment will take approximately 2-3 hours to complete.

**Practical Component** - This required component consists of a single 1-4 hour practical session in the gym following the completion of your last assignment. It is performed as a one-on-one session for optimal learning. The session can be easily scheduled in Victoria or Vancouver **at your convenience** - weekend, evening, early morning - the choice is yours. This component can also be scheduled at the same time as your exam or ICE.

**Prerequisite** - All participants must have successfully written the BCRPA Fitness Theory Exam and registered with BCPRA. If you want to take the course for your own knowledge, you are not required to have written the exam.

**\*\*Note** - If you are only interested in improving your knowledge and experience without becoming certified, this course is also appropriate.

**Q: Is the whole course completed on computer?**

A: No. VIP Fitness will send you a kit that contains the six (6) Theory Assignments and the book "*A professional guide to resistance training - An instructor's handbook*" in hard copy. You can either fill out the answer sheets provided and mail them or you can simply email your answers. The choice is yours.

**Q: Is there an exam following the assignments?**

A: No. Each assignment is a mini exam so there is no need for a final. Keep in mind, to complete your registration with BCRPA there is a practical exam called an ICE (Instructor's Competency Evaluation). The VIP Fitness course is better than the others being offered because it includes a one-on-one practical session to prepare you for the ICE. No other BCRPA strength training correspondence course offers this.

**Q: Where do I perform the Practical Component?**

The Practical Component can be performed in Vancouver or Victoria immediately following the completion of the last theory assignment. Please call for specific details.

**Q: Do I need my fitness theory exam completed before attempting this course?**

A: Yes. It is BCPRA's rule that you must be fully registered with them before you can register for the weight training course

**Q: Where do I find out more about the ICE? Where do I get the ICE package from?**

A: When you attend your Practical Component, you will be given an ICE package. The same information can be downloaded from the BCRPA website at:

[http://www.bcrpa.bc.ca/forms\\_publications/forms.htm](http://www.bcrpa.bc.ca/forms_publications/forms.htm)

**ATTENTION RMT's:  
Eight (8) RMT renewal credits\*\***

**\*\*VIP Fitness offers the only BCRPA recognized weight training course that qualifies for RMT (Registered Massage Therapist) renewal credits.**