

The BCRPA Certification Process & Cost

(NOTE: All courses can be paid for individually):



**All prices subject to change. Discounts may apply.

Course 1: Fitness Theory Course
This course teaches you how the body functions and responds to exercise and also increases your awareness of fitness and health. Learn how to gain physical, social and emotional well-being by developing your active health. This course is the prerequisite for becoming an instructor for weight training, aerobics, seniors, or personal training.

Course 2: Weight Training Course
This is a practical course designed to teach leadership skills for exercise instruction and program design in a weight room setting. Learn We spend over 7 hours in the gym learning how to use the equipment and instruct others - a fundamental component of being a professional trainer.

Course 3: Personal Training Course
The course guides you through such areas as : biomechanics, nutrition, health screening, testing and evaluation, medical limitation, cardio / muscular strength / endurance program design, postural analysis, legal issues, adherence / motivation, effective communication, and business admin. This is the final step in becoming a certified Personal Trainer.

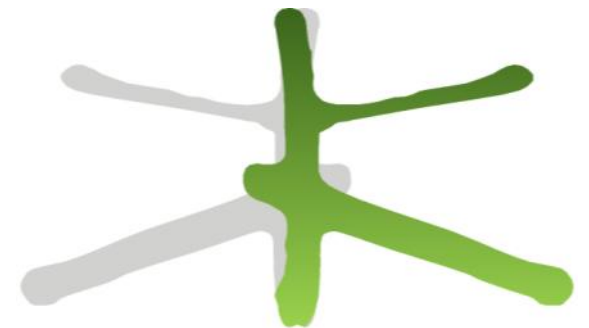
2013

BCRPA
(British Columbia Recreation & Parks Association)

Approved Course Schedule

Fitness Theory - Weight Training - Personal Training Workshops

Proudly educating fitness professionals for 20+ years!



KINESIOLOGISTS.CA
VIP FITNESS We are simply changing our name from VIP Fitness!

Office: **604-736-9858** Cell: **778-574-1190**
Victoria | Langley | Kitsilano

web: kinesiologists.ca | **email:** info@kinesiologists.ca

2013 Classroom Schedule

KINESIOLOGISTS.CA

Langley - Fitness Unlimited, Langley



Fitness Theory Courses*

Condensed course – pre-reading / study required.

(All courses are Fri/Sat/Sun - Fri 5:00-9:00pm/ Sat/Sun 9am – 6pm)

FT Course A	April	12,	13,	14
FT Course B	June	21,	22,	23
FT Course C	August	16,	17,	18
FT Course D	November	1,	2,	3

Weight Training Courses

(All courses are Fri/Sat/Sun - Fri 5:30-8:30pm/ Sat/Sun 9am – 5pm)

WT Course A	May	10,	11,	12
WT Course B	July	12,	13,	14
WT Course C	October	4,	5,	6

Personal Training Courses

(All sessions are Sat/Sun x2 - Sessions: 9am-5:30pm)

PT Course A	June	8 & 9	and	15 & 16
PT Course B	September	14 & 15	and	21 & 22

Victoria - Club Phoenix on Government St.

Weight Training Courses

(All courses are Fri/Sat/Sun - Fri 6:30-9:30pm/ Sat/Sun 9am – 5pm)

WT Course	February	15,	16,	17
WT Course	May/June	31,	1,	2
WT Course	September	27,	28,	29
WT Course	December	6,	7,	8

Personal Training Course

Condensed course – pre-reading / study required

(All sessions are Sat/Sun x2 - Sessions: 9am-5:30pm)

PT Course	July	5, 6 & 7
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Personal Training Course - FULL VERSION

(All sessions are Sat/Sun x2 - Sessions: 9am-5:30pm)

PT Course	November	16 & 17 and 23 & 24
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***All dates & prices subject to change- check website or call to confirm. Courses could be cancelled with little notice.*

Ways to Register

Online: kinesiologists.ca or
kinesiologists.ca
 Email: info@kinesiologists.ca
 Call: 604-736-9858 (office)
 or 778.574.1190 (mobile)



Course Fees:

Fitness Theory	\$299 - 349*
Weight Training	\$299 - 349*
Personal Training**	\$449 - 499*

* Discounts may apply for early registration. Check online for current pricing. Add tax to prices.

** ACE Personal Training Manual **not** included in the Personal Training Course.

*** First Aid and CPR required for registration with BCRPA (not included in prices)

Other Service Fees:

I.C.E. (Instructor Competency Evaluation) Service:

Weight Training ICE (previous VIP Fitness Student)	as low as \$149 (+tax)
Personal Training ICE (previous VIP Fitness Student)	as low as \$149 (+tax)
Weight / PT Combo ICE	\$249 (+tax)

BCRPA Fees:

Fitness Theory Exam Marking Fee	\$70 (no tax)
Official Registration Fee	\$95 (no tax)
Personal Training Exam Marking Fee	\$65 (no tax)

Aaron R Tews, BSc. Kin, CPT, RK, FMS, BCRPA TFL.

A kinesiologist with 20 years of experience, Aaron is a BCRPA Trainer of Fitness Leaders and local business owner. He currently owns **KINESIOLOGISTS dot CA** (PT / Active Rehabilitation Studio in Kitsilano and East Vancouver) He is also the author of "A Professional Guide to Resistance Training – An Instructor's Handbook" *and* "My Training Journal" To learn more, visit **KINESIOLOGISTS.CA**



Don't have time for the in class courses?

All courses also available via correspondence

For more information visit www.vipfitness.ca

Call 604.736.9858 or 778.574.1190

"The BEST instruction at the BEST locations"