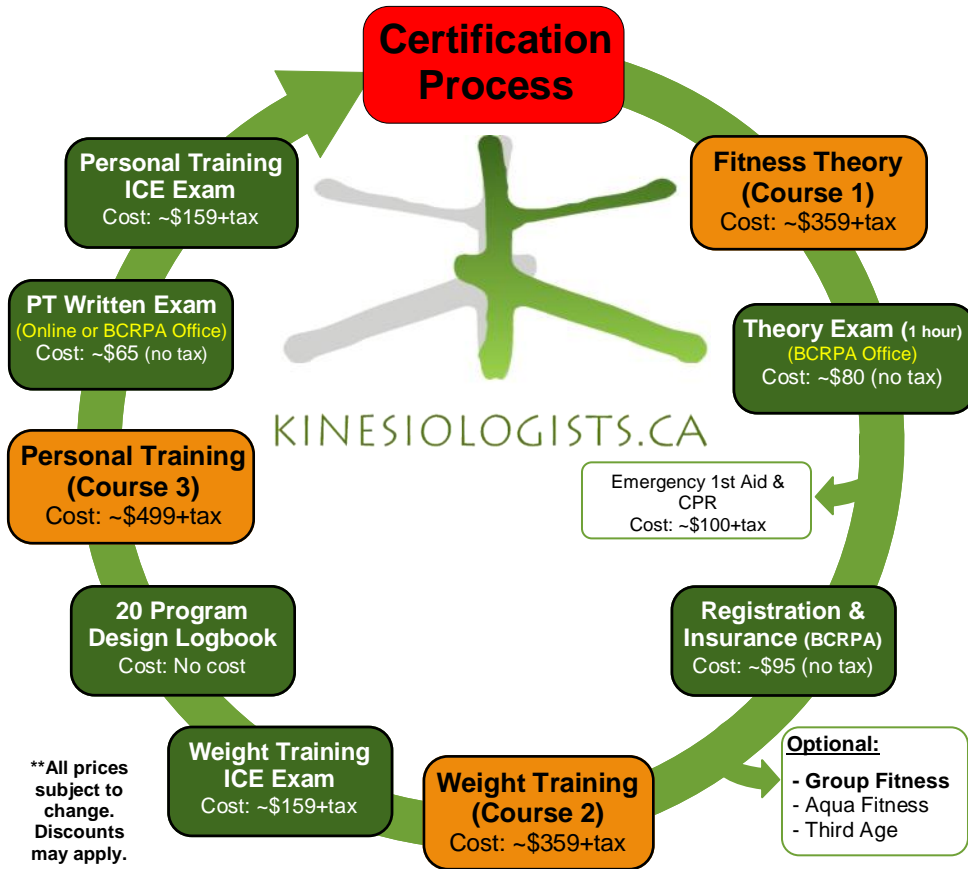


The BCRPA Certification Process & Cost

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



2015 BCRPA

(British Columbia Recreation & Parks Association)

Approved

Course Schedule

Fitness Theory
Weight Training
Personal Training
Group Fitness
Workshops

**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, group classes, seniors, or personal training.

**Course 2:
Weight Training Course -
Level 1**

This is a practical course designed to teach leadership skills for exercise instruction and program design in a weight room setting. Spend over 7 hours in the gym learning how to use weights and instruct others safely and effectively - 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.

KINESIOLOGISTS.CA 

Proudly educating fitness professionals for 22+ years!

Office: 604-372-3233

Surrey/Cloverdale | Vancouver | East Vancouver

103-17665 66A Ave

1698 West 6th Ave

3433 East Hastings

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

2015 Classroom Schedule

KINESIOLOGISTS.CA

Cloverdale - KINESIOLOGISTS dot CA Studio

Unit 103 - 17665-66A Avenue, Surrey (near corner of 176 Street & 64th Ave)

Fitness Theory Courses* *Pre-reading / study required.

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

Fitness Theory Course	January	COMPLETE
Fitness Theory Course	February	SOLD OUT
Fitness Theory Course	April	SOLD OUT
Fitness Theory Course	June	COMPLETE
Fitness Theory Course	August	SOLD OUT
Fitness Theory Course	September	25, 26 & 27
Fitness Theory Course	November	27, 28 & 29

Weight Training Courses

All courses are Fri/Sat/Sun (Fri 5:30-9:00pm & Sat/Sun 9am – 5pm)

WT Course	February	COMPLETE
WT Course	March	SOLD OUT
WT Course	May	COMPLETE
WT Course	July	SOLD OUT
WT Course	August	SOLD OUT
WT Course	October	16, 17 & 18
WT Course	December	4, 5 & 6

Personal Training Courses

All sessions are Sat/Sun x2 (9am – 6pm)

PT Course	April	COMPLETE
PT Course	July	SOLD OUT
PT Course	November	14, 15, 21 & 22

Group Fitness Courses

All classes are Fri/Sat/Sun (Sat/Sun 9am – 5pm)

GF Course	May	SOLD OUT
GF Course	October	24 & 25

Skinfold Caliper Testing Workshop (the NeXT Level Series)

Workshop is 7 hours (9am-4pm) and worth 8 CEC's

Caliper Testing	Sunday	COMPLETE
Caliper Testing	Sunday	September 20

**All dates, locations & prices subject to change- check website or call to confirm. Courses could be cancelled with little notice.



Ways to Register

Online: kinesiologists.ca
 Email: info@kinesiologists.ca
 Call: 604.372.3233 (office)



Course Fees:

Fitness Theory.....	\$359*(+tax)
Weight Training - Level 1	\$359*(+tax)
Personal Training**	\$499*(+tax)
Group Fitness	\$339*(+tax)

* 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)

Evaluation Service Fees:

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

Weight Training ICE (previous student).....	from \$159 (+tax)
Personal Training ICE (previous student)	from \$159 (+tax)
Weight / PT Combo ICE (purchased in advance).....	from \$299 (+tax)

BCRPA Fees:

Fitness Theory Exam (hosted at & paid to the BCRPA).....	\$80 (no tax)
Official BCRPA Registration Fee (paid to the BCRPA)	\$95 (no tax)
Personal Training Exam Marking Fee (paid to the BCRPA)	\$65 (no tax)

Aaron R. Tews (Master Instructor/Trainer)

BSc. Kin, CPT, RK-BCAK, FMS, BCRPA TFL, EPIC, FCE



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, Langley & Surrey) He is also the author of "A Professional Guide to Resistance Training – An Instructor's Handbook" and "My Training Journal" To learn more about Aaron, visit **KINESIOLOGISTS.CA**



Questions? Call 604.372.3233

"The **BEST** instruction at the **BEST** locations"