

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, 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 almost 7 hours in the gym learning how to use weights and instruct others safely and effectively - a fundamental component of being a true 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.

2016

BCRPA

(British Columbia Recreation & Parks Association)

Approved

Course Schedule



**Fitness Theory
 Weight Training
 Personal Training
 Group Fitness
 Workshops**

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

2016 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	22, 23 & 24
Fitness Theory Course	February	26, 27 & 28
Fitness Theory Course	April	22, 23 & 24
Fitness Theory Course	June	10, 11 & 12
Fitness Theory Course	August	19, 20 & 21
Fitness Theory Course	September	23, 24 & 25
Fitness Theory Course	November	25, 26 & 27

Weight Training Courses

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

Weight Training Course	February	19, 20 & 21
Weight Training Course	March	18, 19 & 20
Weight Training Course	May	13, 14 & 15
Weight Training Course	June	24, 25 & 26
Weight Training Course	August	26, 27 & 28
Weight Training Course	October	14, 15 & 16
Weight Training Course	December	2, 3 & 4

Personal Training Courses

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

Personal Training Course	April	9, 10, 16 & 17
Personal Training Course	July	16, 17, 23 & 24
Personal Training Course	November	5, 6, 19 & 20

Group Fitness Courses

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

Group Fitness Course	March	12 & 13
Group Fitness Course	May	28 & 29
Group Fitness Course	August	13 & 14
Group Fitness Course	October	22 & 23

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



Ways to Register

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



Course Fees:

Fitness Theory.....	\$399*(+tax)
Weight Training - Level 1	\$399*(+tax)
Personal Training**	\$549*(+tax)
Group Fitness	\$399*(+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:

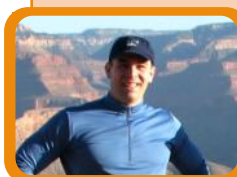
Weight Training ICE (previous student).....	from \$169 (+tax)
Personal Training ICE (previous student)	from \$169 (+tax)
Weight / PT Combo ICE (purchased in advance).....	from \$299 (+tax)

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 Studios in Kitsilano, Cloverdale). 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"