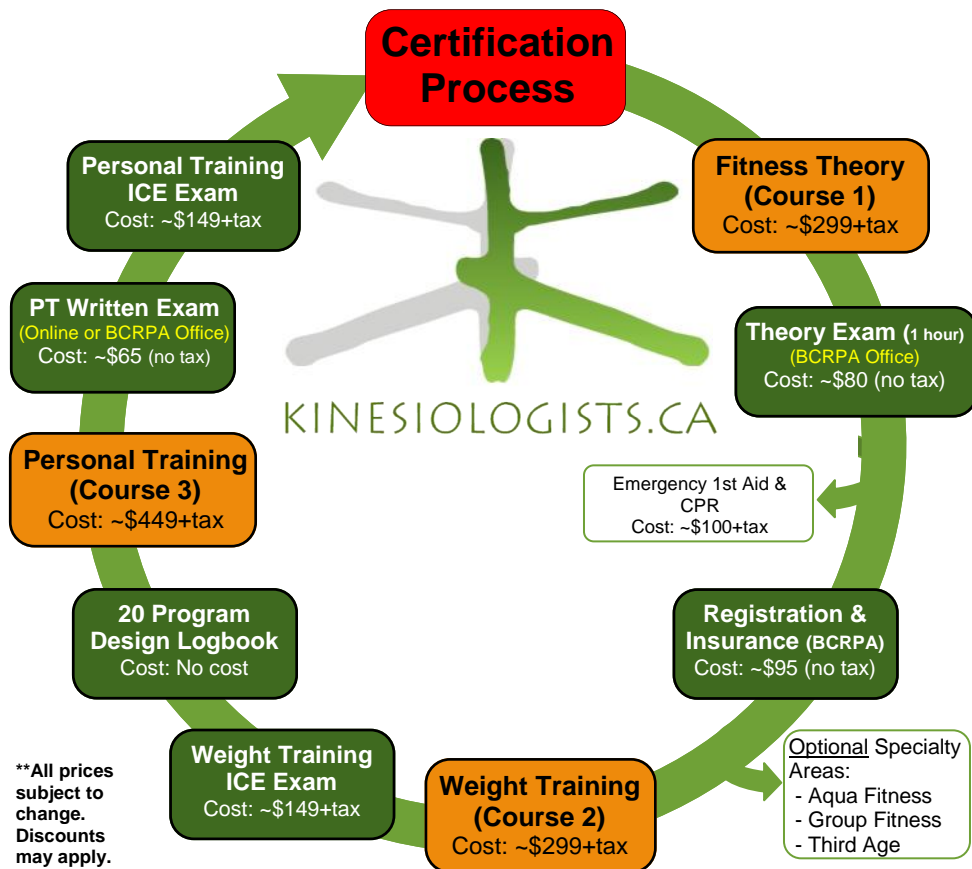


The BCRPA Certification Process & Cost

(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.

Course Schedule Updated for Fall

2013

BCRPA

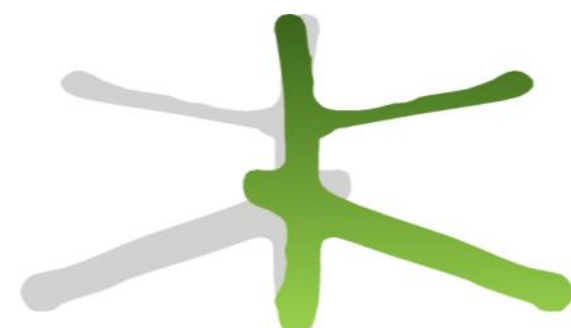
(British Columbia Recreation & Parks Association)

Approved

Course Schedule

Fitness Theory - Weight Training - Personal Training Workshops

Proudly educating fitness professionals for 20+ years!



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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
20501 Logan Ave, Langley, BC



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 1	August	16,	17,	18
FT Course 2	October	4,	5,	6
FT Course 3	November	1,	2,	3
FT Course 4	December	6,	7,	8

Weight Training Courses

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

WT Course 1	September	27,	28,	29
WT Course 2	October	25,	26,	27
WT Course 3	November	29,	30,	Dec 1

Personal Training Courses

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

PT Course 1	September	14 & 15	and	21 & 22
PT Course 2	November	16 & 17	and	23 & 24

Workshops

Anthropometrics Workshop (Skinfold Caliper Testing)

Victoria (Club Phoenix, Victoria)
Victoria October 19 - from 9am-5pm

Langley (Fitness Unlimited, Langley)
Vancouver October 20 - from 9am-5pm

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	\$279 (+tax)

BCRPA Fees:

Fitness Theory Exam (Online at BCRPA office).....	\$80 (no tax)
Official BCRPA 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

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