



Attaining Fitness Leader Accreditation

The following are the minimum requirements to attain Fitness Leader accreditation with the BC Recreation and Parks Association (BCRPA)

Fitness Knowledge — the Prerequisite Course

The **Fitness Knowledge Course** is the required prerequisite course. A Fitness Knowledge certificate of completion is required to register with the BCRPA and write the closed-book Fitness Theory exam. You must obtain 80% or higher on the Fitness Knowledge open-book exam to receive a certificate of completion. This course is the prerequisite to all subsequent fitness courses. (Approved theory courses on the BCRPA website also qualify. Courses in Kinesiology, Sport Science, Health Science, Physical Education or health related careers may qualify as an equivalent. Check with the BCRPA at 604-273-8055 for approved courses and equivalency.)

Choose a Specialty Module —

Choose one of the following —

- **Weight Training Instructor Certification Course**
(The Weight Training Instructor Course is the prerequisite to Personal Training Course)
- **Group Fitness Instructor Certification Course**
- **Physiology of Aging and Exercise Adaptations (Third Age) Course**
- **Yoga Fitness Instructor Certification Course**

Final Accreditation Requirements —

- Write the BCRPA closed-book Fitness Theory Exam with a mark of 80% or higher. Contact BCRPA for an appointment to write 604-273-8055. Exam fee is \$70 payable to BCRPA.
- Complete a practicum and instructor competency evaluation (ICE) for your chosen specialty area. ICE fees apply. Check the BCRPA website at www.bcrpa.bc.ca for more information, or contact them at 604-273-8055.
- Complete a Standard First Aid and CPR C certification course.

Prerequisites for Personal Training —

Upon successful completion of the Fitness Knowledge Course, Weight Training Instructor Certification Course and full registration with the BCRPA, along with an additional 20-hours of Weight Training programming experience, you are eligible to register for a Personal Training Course and subsequently write the BCRPA closed-book Personal Training Instructor exam.

Optional recommended courses and workshops available at Douglas College

- Nutrition Knowledge – A Course for Fitness Professionals
- Techniques in Fitness Assessment

For current listings and registration procedures, please visit our website at

douglascollege.ca/ce/sport