

# Fitness Instructor

*An Industry Certification Program*

*"The teachers motivate and encourage us to be the best that we can be. They help us grow and give us the knowledge that we need in order to help us prepare and get to where we want to be in the future."*

*M. Mendiola - Student*



**The 1 or 2 year Fitness Instructor Program provides students with a unique opportunity to earn graduation credits, post-secondary credits and industry certification. Students learn job-ready skills required to enter the Fitness Industry as a certified instructor in Group Fitness or Weight Training.**

*Learning to Work Working to Learn*

### **WHAT DOES A FITNESS INSTRUCTOR DO?**

- group fitness programs such as aerobic or spin classes
- works as a fitness coach/consultant developing personalized programs for clients

### **WHAT DO I NEED TO START?**

- Must be in grade 11 or 12
- good employability and people skills
- strong interest in entering industry
- physical fitness and good health

### **WHAT ARE THE BENEFITS?**

- 28 graduation credits
- 120 hours of work experience
- connections with industry employers
- industry certification as a Fitness Instructor
- additional certification:  
CPR and Emergency First Aid
- Fitness Leader recognition with BC Parks & Rec
- credit for Douglas College course: Conditioning for Sport & Physical Activity (SPSC 1103)
- transition to Douglas College with a possible option for 2-year diploma or Sports Science degree
- decreased post-secondary tuition costs

### **WHEN AND WHERE IS THE PROGRAM OFFERED?**

- may be taken over 1 year or as a 2 year program
- Alpha Secondary School: mornings
- attend current school in afternoons to complete other courses

### **HOW DO I REGISTER?**

- submit an application package
- participate in a program interview

See a Career Advisor  
or visit [www.sd41.bc.ca](http://www.sd41.bc.ca)