Personal Training Certification

Organization: Canadian Fitness Professionals (canfitpro) https://www.canfitpro.com/
Certification Title: Personal Training Specialist
Where is it accepted: This certification is accepted in Canada, canfitpro is a well-known organization across Canada

What is it?

- "You will learn the foundational skills necessary to confidently and competently train apparently healthy individuals. Training created especially for candidates who work with clients on an individual or small group basis and design exercise programs for improved fitness and health. The PTS course is a comprehensive in-class and online course designed to increase your knowledge and confidence level to train clients in a one-on-one or small group (2-3 people) setting" (Canadian Fitness Professionals [canfitpro], 2020).

How can you utilize it?

- A canfitpro certified PTS is qualified to assess, design, and deliver individual and small group training programs in a health club, home, and workplace setting.

What is the process to obtain it?

- Make an account on their website or click on "*Not a Member? Click Here to Register!*" to apply and find courses near you (canfitpro, 2020)
    - In-class and online courses
        - Online learning resource provides an interactive experience going through the key concepts from the course manual.
        - In-class course covers a wide range of topics preparing you for the exams and the career of a personal trainer
        - Additional Personal Training Specialist Study Prep package which gives you access to modules for each chapter, video lectures, study cards, chapter quizzes, case studies, and mock exams.
    - Exam
        - Theory exam consists of 100 multiple choice questions, plus a written client case study (3 hours in length)
            - must be completed within one (1) year from the completion of the course
        - Practical exam is an actual workout with a client that is evaluated by a Pro Trainer
            - Passing grade is 80% and up
            - Must be successfully completed within six (6) months of the written exam

Additional Information:

- Fees (canfitpro, 2020)

	Member		Non-Member	
	Early Bird	Regular	Early Bird	Regular
Full Certification (PKG 1)	$549	$619	$647	$717
Exam Challenge (PKG 3)	$375	$445	$473	$543
Exam Rewrite	$99			
PTS Study Prep	$99			

- Full Certification which includes canfitpro membership, in-class course, online course, course manual, theory exam and practical exam
- The exam challenge package will includes canfitpro membership, online course, course manual, theory exam and practical exam
- There is annual renewal fees

- Additional Add ons to packages

Name	Description	Price	Program	
CPR A (Adult)		$52.00	CPR A	☐
CPR A and AED (Adult, Child and Infant)		$74.00	CPR A & AED	☐
CPR C (Adult, Child and Infant)		$69.00	CPR C	☐
CPR C and AED (Adult, Child and Infant)		$78.00	CPR C & AED	☐
Emergency First Aid with CPR and AED		$99.00	Emergency First Aid with CPR & AED	☐
Express Shipping		$25.00		☐
Fitness Instructor Specialist Online Study Course	Videos, resources and practice tests designed to give you the best chance for success in your FIS exams.	$99.00	Fitness Instructor Specialist	☐
Personal Training Specialist Online Study Guide	Videos, resources and practice tests designed to give you the best chance for success in your PTS exams.	$99.00	Personal Training Specialist	☐
Standard First Aid with CPR and AED		$139.00	Standard First Aid with CPR & AED	☐

Tips for Hiring Process:

- In the article by Melton et al. (2010) it mentions that degrees and certifications were not a factor in **determining compensation** for trainers, other factors such as re-signing, seniority, and receiving percentage of gross were noticed more by the managers, it is up to the manager's digression not dependent on the level of certification.
- The article by Melton et al. (2010) also provides additional information on what competencies and qualities are important to managers when hiring PT. There are **general competencies** PT are expected to have such as:
    - basic biomechanical and exercise physiology knowledge
    - first aid
    - basic nutrition knowledge
    - understanding of exercise prescription and program design
- **Qualities** managers look for when hiring a personal trainer include:
    - social skills
    - malleability
    - physique/appearance
    - education

References

Canadian Fitness Professionals. (2020) canfitpro. Retreived from https://www.canfitpro.com/

Melton, D. I., Dail, T. K., Katula, J. A., & Mustian, K. M. (2010). The current state of personal training: managers' perspectives. *Journal of Strength and Conditioning Research, 24*(11), 3173-3179. doi: 10.1519/JSC.0b013e3181e381f5