

Why choose to become a YMCA Canada Certified Fitness Leader?

Evaluation

Participants who want to be certified must pass both the written and practical evaluation. Those taking the courses for general interest do not have to complete the in class quizzes or take home learning activities. All courses need a pass mark of 80% to be certified. The evaluations for each theory course consist of in class quizzes and take home learning activities.

The **practical evaluation** - the candidate is evaluated on technical ability and training skills in this component of the certification process. The practical evaluation must be completed within **6 months** of completion of the course end date. Please note that attendance is mandatory for all classroom sessions.

Practical Evaluation

Group Fitness Leader: The candidate's capability of leading a safe and effective fitness class for participants of all levels. The practical exam must consist of a 45 or 60 minute fitness class, covering all mandatory fitness components. This includes warm up, cardiovascular, strength training, cool down and flexibility components. Specific emphasis is on cueing, safety, motivation, choreography, music and voice quality.

Individual Conditioning Level 1: The candidate's capability of building relationships and providing a safe and effective beginner orientation to exercise equipment for members in the general population. The practical exam must consist of 45-60 minute member orientation covering the building relationship and orientation guidelines.

Individual Conditioning Level 2 & 3: The candidate's capability of designing and facilitating a safe and effective workout for relatively healthy participants in the general population. The practical exam must consist of a 60 minute individual conditioning session, covering all mandatory fitness components. These components include leadership, relationship building, exercise program design scenario and practical demonstration of exercises.

Recertification

- 16 hours of continued education every two years.
- Proof of 50-75 hours of instruction in the past two years.
- Current annual Heartsaver CPR.
- Annual practical observation and evaluation by a YMCA Fitness Trainer/Educator.
- Must be a current Y volunteer.

The YMCA developed the first nationally recognized fitness leadership program in 1974 and has continued to train fitness leaders ever since.

You will be a part of a national movement that depends on a multitude of caring volunteers to help build healthy kids, families and communities.

Mission Statement

YMCA-YWCA is a charity that provides opportunities for all to grow in spirit, mind, and body.

Course Manual

The manuals are comprehensive and include written text and diagrams which are user friendly. It is intended as a teaching tool and also a resource for the fitness leader.



How to Register

Courses may be restricted to Y members or Y volunteers only.

Visit the Y at 34 New Cove Road or 25 Holden Street.
YMCA-YWCA, P.O. Box 21291, St. John's NL A1A 5G6
Phone: (709) 754-2960 Fax: (709) 576-0410

REGISTRATION DEADLINE:

Please submit your registration for a course at least 2 weeks prior to the advertised date. Class sizes are limited and fill quickly. For more information on Y Fitness Leadership Certification please call 709-754-2960

www.ynortheastavalon.com
charitable registration #108225533RR0001



YMCA-YWCA

We build strong kids,
strong families, strong communities.

YMCA Canada Fitness Leadership Certification



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communities.

Four certification options:

1. Group Fitness Leader

(Specialty areas include-Group cycling, group resistance training, group choreography, group core strength and stretch and water fitness)

2. Individual Conditioning Level 1

Conditioning Center Guide

3. Individual Conditioning Level 2

Basic Personal Trainer

4. Individual Conditioning Level 3

Advanced Personal Trainer

Prerequisites:

- Minimum of 16 years of age.
- Current Heartsaver CPR Level C.
- First Aid is recommended.

Course Outlines

Group Fitness Leader

A course designed to teach you how to lead fitness classes in a safe and effective manner.

- Step 1.** Basic Fitness Theory Course (prerequisite)- this is a 24 hour classroom learning session that includes healthy lifestyles, leadership, anatomy & physiology, movement mechanics, principles of training, exercise design, nutrition and safety.
- Step 2.** Fundamentals of Group Fitness- this is an 8 hour classroom course that covers teaching considerations, components of a fitness class, music, choreography, step training and other types of group fitness classes.
- Step 3.** Group Fitness - Choose a group fitness specialty and take the 8 or 6 hour designated course.
- Step 4.** Apprenticeship- peer teaching for a minimum of 4 hours in selected specialty.
- Step 5.** Practicum- on the floor teaching for a minimum of 4 hours in a formal class setting prior to practical observation.

Step 6. Evaluation & Certification- This requires successful completion of a group fitness class evaluated by a YMCA Trainer/Educator.

Specialty Group Fitness Courses:

Group Resistance- 8 hour course. This course focuses on muscular conditioning as a stand alone group fitness class.

Group Choreography- 8 hour course. This course focuses on understanding movement patterns and how to put movements together for mixed impact and step classes.

Group Core Strength and Stretch- 8 hour course. Learn sound principles that will enable you to teach basic core strength or stretch class.

Group Cycling- 6 hour course. Learn how lead indoor cycling classes to build fitness.

Group Water Fitness- 8 hour course. Learn how to lead aquatic fitness classes to build cardiovascular endurance.

Individual Conditioning Level 1

At this beginner level, the goal of the individual conditioning leader is to assist YMCA volunteers and staff in understanding the importance of building relationships with our members. You will become a conditioning centre guide.

- Step 1.** Individual Conditioning 1 Applied Theory- a minimum 4 hour course.
- Step 2.** Apprenticeship- minimum 2 hours (peer teaching)
- Step 3.** Practicum- minimum 2 hours of on the floor leading prior to practical observation.
- Step 4.** Evaluation and Certification- practical evaluation by YMCA Fitness Trainer/Educator.

Individual Conditioning Level 2

This course is designed to enhance the basic training knowledge of the Personal Trainer. You will be certified as a Basic Personal Trainer. These components include orientation, warm up, cardiovascular/strength/flexibility training, post workout consultation and demonstration of selected free weight exercises.

Step 1. IC Level I course (prerequisite)

Step 2. Basic Fitness Theory (prerequisite)- See previous description

Step 3. Individual Conditioning 2 Applied Theory- a 16 hour course which topics include fitness concepts, anatomy, physiology, mechanics, assessments, training principles, equipment, program design, exercise analysis, nutrition and special populations.

Step 4. Apprenticeship- minimum 12 hours (peer teaching).

Step 5. Practicum- minimum 8 hours practical teaching on floor prior to practical observation.

Step 6. Evaluation and Certification- successful completion of individual conditioning practical evaluation by a YMCA Fitness Trainer/Educator.

Individual Conditioning Level 3

This course will prepare you to deliver advanced training to individuals at a personal or individual coaching level, using a methodology that is anchored in YMCA values and the uniqueness of the YMCA. You will be a certified Advanced Personal Trainer. IC Level 1 and 2 must be successfully completed to do this course. These components include leadership, YMCA values, case study, goal setting, exercise program design and practical demonstration of exercises

- Step 1.** Minimum of 21 years of age. Must hold a degree in physical education or kinesiology.
- Step 2.** Basic Fitness Theory (prerequisite)- See previous description.
- Step 3.** Individual Conditioning Level 3 Applied Theory - a minimum 16 hour course.
- Step 4.** Apprenticeship- minimum 12 hours (peer teaching)
- Step 5.** Practicum- minimum 8 hours practical teaching on floor prior to practical observation.
- Step 6.** Evaluation and Certification- successful completion of individual conditioning practical evaluation by a YMCA Fitness Trainer/Educator.