



File Name: canfitpro pts manual.pdf
Size: 3390 KB
Type: PDF, ePub, eBook
Category: Book
Uploaded: 7 May 2019, 13:34 PM
Rating: 4.6/5 from 705 votes.

Status: AVAILABLE

Last checked: 16 Minutes ago!

In order to read or download canfitpro pts manual ebook, you need to create a FREE account.

[**Download Now!**](#)

eBook includes PDF, ePub and Kindle version

- [Register a free 1 month Trial Account.](#)
- [Download as many books as you like \(Personal use\)](#)
- [Cancel the membership at any time if not satisfied.](#)
- [Join Over 80000 Happy Readers](#)

Book Descriptions:

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with canfitpro pts manual . To get started finding canfitpro pts manual , you are right to find our website which has a comprehensive collection of manuals listed.

Our library is the biggest of these that have literally hundreds of thousands of different products represented.



Book Descriptions:

canfitpro pts manual

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. Personal Training is a fast growing industry. Personal training is a rapidly growing profession, which can make it difficult to sort through the options and choose the best avenue to become qualified to train clients. You will learn the foundational skills necessary to confidently and competently train apparently healthy individuals. 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. Canada's leading personal training certification designation, the canfitpro Personal Training Specialist program provides comprehensive program content and a wide range of practical skills that will ensure success to those who hold the designation. The Personal Training Specialist Course The PTS course is a comprehensive inclass and online course designed to increase your knowledge and confidence level to train clients in a oneonone or small group 23 people setting. The course consists of online and inclass learning. The online learning resource provides an interactive experience going through the key concepts from the course manual. The comprehensive inclass course covers a wide range of topics preparing you for the exams and the career of a personal trainer. Topics include Aspects of fitness, wellness and basic training principles Nutrition and bioenergetics Cardiorespiratory, skeletal, and muscular system anatomy and function Flexibility, mobility, and fascia Passive and dynamic assessments Periodized program design and delivery The business of personal training The Personal Training Specialist Course Manual The course manual, Foundations of Professional Personal Training Second Edition, was published in 2016 by Human Kinetics Publishing Inc. The content was provided by industry experts including Dr. <http://www.zabawajudo.pl/zdjecia/fck/dirt-dog-manual.xml>

- **canfitpro pts manual, canfitpro pts manual, canfitpro pts manual pdf, canfitpro pts manual download, canfitpro pts manuals, canfitpro pts manual free.**

Gregory Anderson, Dr. Brad Schoenfeld, Chris Frederick, Chad Benson, Brian Justin, Mark Stone, and Rod Macdonald. Contained within is the most up to date information on current topics including static and dynamic postural assessments, fascia and program design, to go along with the more traditional topics of anatomy, exercise physiology, biomechanics, and bioenergetics. The course manual, Foundations of Professional Personal Training Second Edition, is available in hardcopy and comes with access to a complete online course and web resource where you will find a video library and forms that you can download and use for your own business. New AddOn Need extra help during your studies. Personal Training Specialist Study Prep canfitpro recognizes the amount of knowledge required to successfully complete the Personal Training Specialist exams. As such, we are excited to provide the new Study Prep Online course to streamline and guide your studying efforts. You will have access to modules for each chapter, video lectures, study cards, chapter quizzes, case studies, and mock exams. Save valuable time by focusing on the key areas necessary to become a successful Personal Training Specialist. To Register, just select and add the "Personal Training Specialist Study Guide" to your package. The Personal Training Specialist Exam We recommend that candidates attempt the theory exam approximately three 3 weeks after taking the course. This time frame is recommended in order to allow candidates to properly prepare for the exam. Those who choose the option to progress and become a certified Personal Training Specialist will complete a theory and practical exam. These two components assess the candidate's theoretical knowledge, rapport building skills, and practical application of fitness theory to train clients. The

theory exam consists of multiple choice questions, plus a written client case study. <http://www.novvit.ru/upload/file/99-ford-explorer-service-manual-pdf.xml>

The practical exam is an actual workout with a client that is evaluated by your PRO TRAINER. A canfitpro certified Personal Training Specialist is qualified to Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Training Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals. Assess, design and deliver individual and small group 23 individuals training program in a health club, home and workplace setting. Confirm that clients have completed the Physical Activity Readiness Questionnaire PARQ developed by Health Canada, and then provide an individualized training session to apparently healthy individuals who have no known major medical conditions. Monitor client resting and exercise heart rate and blood pressure regularly. Develop a client specific exercise plan within your level of ability and progress to more advanced training techniques with clients once the proper competency has been achieved. Modify all client exercise technique as needed to strive for optimal individual biomechanical effectiveness. Promote the benefits of regular physical activity and a balanced lifestyle combined with a healthy diet using Canada's Physical Activity Guide as a reference. Provide generalized advice on nutrition based on Canada's Food Guide. Individuals who require more specific advice on diet and supplements must be referred to a qualified nutrition professional. Answer general questions for participants on injuries or discomforts related to exercise. All injuries must be diagnosed and treated by a qualified medical professional. Provide emergency care based on the participant needs contact EMS, provide Emergency First Aid or CPR. As a certified Personal Trainer, I agree to provide a safe and effective individual exercise program that provides appropriate exercise selection and intensity to meet the individual needs of each adult client.

As a certified Personal Training Specialist PTS, I agree to respect my role, abide by the Code of Ethics and work within my Standards of Practice at all times. I recognize that failure to follow this Standards of Practice will result in immediate removal of my PTS certification designation. Is the FIS course right for me. Do I have to take a course before taking the certification exam. No, the course is an educational tool to assist you in completing the examination procedure successfully. If you feel your current level of education and skill is sufficient, then you can proceed directly to the exam by registering for an exam challenge package. If I take the course, am I required to proceed to the exam. No, we frequently have club members and other fitness enthusiasts take the course for general interest. Simple, just ask yourself do I want to work one on one with individuals or in a group setting. The PTS certification will prepare you to work with clients on an individual or small group basis. PTS certified individuals are qualified to evaluate, design, and monitor individual and small group training programs in a health club, home, and workplace setting. The FIS certification will prepare you to lead large groups and teach safe and effective exercise classes. The FIS certification includes leadership, motivation, practical training movement patterns, cueing, musicality, and choreography, and class design to help you become a worldclass group exercise instructor. Can I work towards more than one certification at a time. Yes, however, it is not recommended. In order to obtain the best possible results from your courses and exams, we suggest completing one designation at a time. This will allow you to dedicate your time and efforts to learning, studying and applying your knowledge before switching to another focus. How do I register for courses or exams You can register online or by calling us at 18006675622.

How to submit a request or ticket for support When do I receive exam results. Your PRO TRAINER will contact you within two 2 weeks of your exam completion with your results. Do I have to be certified, or pursuing certification, to be a member of canfitpro. No, membership is open to anyone who is interested in staying uptodate on happenings in the Canadian fitness industry. To become certified, you must join canfitpro and keep your membership uptodate annually. How much will it

cost to take a course, exam and buy the manuals. Are all of these items mandatory, or do you have an option for which ones to purchase. Certifications are priced individually, visit the Fees page associated with the certification to view a breakdown. Choose the options that will help you pass the exam. Does the organization make it easy to find and register for courses and exams from start to finish, or do they send you out on your own to prepare for the exam. One phone call to us gets you registered for the course, exam and materials. We don't need to send you to other course providers or organizations because we provide total service to you from start to finish. How current are the training materials. When was the training manual written or last revised. At canfitpro we know that fitness professionals need up to date information on exercise science and design. We have a mandate of updating our certification resources every two 2 years to ensure that you receive the most relevant information possible with regards to your certification process. Is the membership expensive and what are the membership benefits. Compare our membership dues to the others. Click here to see all the benefits of membership. What about recertification. How much will it cost each time to recertify. How many credits will you need to earn. Will courses, conferences or workshops be available to you on a regular basis to earn the credits. Once you are certified with us, you pay no further certification fees.

Just keep your membership up to date. Earn CECs at our annual conference or at a local canfitpro approved workshop. You must obtain a minimum of 4.0 CEC's per year per certification that you hold. What happens if I forget to recertify. We are committed to helping you remain certified. If you miss your recertification date and are within one 1 month of your expiration date and we will allow you to submit all of your requirements within that month. If you've missed your recertification by more than one 1 month and before one 1 year, you are able to reinstate your certification by completing a Practical Exam with a PRO TRAINER live assessment of your knowledge and skills put into practice and maintain your original certification date. Membership and CPR must be up to date before a new certificate will be issued. If you have been expired for more than one 1 year you will be required to complete both the theory and practical exams again, your certification date will be adjusted to reflect the new date. Please note extension fees and reinstatement fees are nonrefundable. Where are your certifications recognized. Locally, provincially, nationally, internationally. Your certification is recognized nationally and internationally. You will not need to pay "transfer fees" if you move between provinces. What kind of cpr do I need to become certified. Basic Adult CPR certification obtained during a live course is required to become certified. First aid is recommended although not required. CPR is valid up to one 1 year from the date it was originally issued. CPR recertification must be completed annually to renew your certifications. Why is cpr required to be renewed annually. If it is less than five 5 days notice we cannot take you out of the course or exam. Changes made more than 60 days in advance of the course or exam will not be charged an administration fee. What happens if my pro trainer cancels the course.

Your PRO TRAINER will contact you should a course or exam be cancelled. We strongly advise you to confirm the status of your course or exam with your PRO TRAINER prior to attending. In the event that a course or exam is cancelled by the PRO TRAINER, canfitpro will work with you to reschedule your course or exam. In the event that we are unable to reschedule, participants may be eligible for a refund of course or exam fees, and membership only within 30 days of purchase. Course materials are nonrefundable. How long will it take for my course materials to arrive. Regular shipping will take 10 business days. Express shipping is available at an additional cost and will take three 3 to four 4 business days. Can I receive a refund for my course materials No. All course materials manuals, study guides, online courses are nonrefundable. How much time do I need to prepare for my exam. We recommend you give yourself approximately three 3 weeks to prepare for your exam. How long do I have to complete my exams You have one 1 year to complete your theory exam after you have completed your certification course. After you have successfully completed your theory exam, you have six 6 months from that date to complete your practical exam. Missing either

of these deadlines may result in you needing to complete the full exam process again and pay an exam rewrite fee. What if I have more questions. If you have more questions, you have several options Contact your local PRO TRAINER Call the office at 18006675622. The course consists of online and inclass learning. The online course has been developed to provide an excellent online learning experience covering topics such as anatomy, biomechanics, and physiology. The comprehensive inclass course covers a wide range of topics preparing you for the exams and the career of a personal trainer! This interactive CDROM includes full 3D animations to demonstrate structure, function, and biomechanics of the bones and joints of the body.

This time frame is recommended in order to allow candidates to properly prepare for the exam. Those who choose the option to progress and become a certified Personal Training Specialist will complete a theory and a practical exam. These two components assess the candidates knowledge, counseling skills, and practical application of fitness theory to train clients. The practical exam is an actual workout with a client that is evaluated by your PRO TRAINER. You will learn the skills needed to train a client without special health concerns. A canfitpro certified PTS is qualified to evaluate, design and monitor individual and small group training programs in a health club, home, and workplace setting. I finished a 5year bachelor's degree in Sports Science in the Philippines, but since moving to Canada I have to upgrade my qualifications. In spite of the mixed reviews, Canfitpro offers the most accessible and available certification there is, so I decided to invest on it. There were around 10 to 12 of us who took the certification exam in that area that day. I think there was an equal number of guys and girls who took the exam. Obviously, most of them took the course because the Canfitpro PTS pro trainer greeted them at the lobby. Maybe two or three people were there to retake the exam. You can check the canfitpro website page about course and exam dates and locations. You will see that most, if not all, courses and exams are held in gyms with a high percentage of those gyms being Good Life Fitness. For my exam, it was held in a group exercise studio of a relatively small Good Life Fitness gym. My exam was scheduled on a Saturday afternoon. You aren't in the gym to exercise but to take an exam so probably you won't be wearing shorts, track pants, or anything that you usually wear to work out. One guy even brought his book and pile of notes and continued reading until the exam started which attracted a few weird looks from some people working out in the gym.

It was well lit with mirrors on the walls. We were seated around portable tables on portable chairs. There were at least 3 people sitting around one table. You are allowed 3 hours to write your Canfitpro Personal Training Specialist theory exam. If you are not confident or you think your knowledge is outdated, then taking the course can be an option. The Foundations of Professional Personal Training has 13 chapters in all so you can plan to read at least two chapters per day, and you'll finish it in a week. Only a few chapters are longer than usual, but most chapters have about 10 pages. I read through the whole book once, which took me around 5 or 6 days. The book is very easy to read and yes, it has pictures. If you have been looking for a sample exam or review test questions for the Canfitpro PTS exam, then get the Study Guide for Foundations of Professional Personal Training You can find the answer guide at the back, but try not to look at them if you haven't tried answering the sample questions. The questions from the actual theory exam are closely similar to those found from the Study Guide for Foundations of Professional Personal Training so it was really helpful for me to review. The sample exam questions found from the study guide were arranged according to the chapters in the book Foundations of Professional Personal Training so it was easy to go back to the chapters that I needed to study more on. I read the chapters that I had mistakes on and I took the sample exam questions from the study guide the second time. I wrote all of the 140 sample exam questions again to help me review the other chapters as well and make me confident that I do know the answers to them and that I didn't just had a lucky guess. Again, I took note of my mistakes and reviewed the chapters after answering the sample questions from the study guide. I took the exam for a third time and I almost had a perfect score for the sample exam for Canfitpro

Personal Trainer Specialist.

Take note of the terms, important formulas, and recommendations found from the book. Click here to get the book Foundations of Professional Personal Training from Amazon. Wear comfortable clothes and keep your mind from being cluttered. Take note that for the theory part, you have to write 100 multiple choice exam questions plus 100 points for the case study part. In total, the theory part of the Canfitpro Personal Training Specialist exam is worth 200 points. For me, it got messy when I was writing the case study part. Good thing I brought pencils so I was able to erase the parts that I needed to change. You can use your ink pen for the multiple choice questions. Our pro trainer even allowed someone to draw a stick figure that resembles the stretch or exercise he wants to write! Bring a good calculator for your exam. I have tried doing that as well but found only a couple of links, which I mentioned in my previous blog. Those links from the internet were only slightly helpful. If you really want to pass your Canfitpro Personal Trainer Specialist exam, then get yourself the Study Guide for Foundations of Professional Personal Training. Again, it's another worth it investment that will save you from paying the retake fee for the exam. Click here to get the Study Guide for Foundations of Professional Personal Training from Amazon. During my theory exam, there were a couple of persons who finished early. Later on, I found out that they submitted their exam early not because they finished it well, but because they were too anxious to continue writing. At the end of the day, it is still an exam. Life goes on whether you pass or not. There's always a second chance. Don't give up! More importantly, don't give up when you haven't even started or while you are already doing it! It's very helpful. The exam case study requires you to make a program design as well, given a subjects data. Best of luck!

Just wondering is the multiple choice portion worth one mark each with 100 questions. The case study portion also worth 100 marks each as you mentioned. We need a minimum of 80% to pass correct. Do we need to know the various charts as well. Vitamins, heart rates, energy systems.etc. There are some multiple choice questions that are worth 2 points, etc. You need to be familiar with the heart rate range. Vitamins, not so much but it's good to know I could see this taking all day if it were a large class. Does another student participate in your "session" After the written exam, every student will make an appointment with the examiner which date works for them so you'll all have different days and times to do the exam. I have no background experience at all in fitness, but I though Canfit would help me understand it. I have read the study book carefully but when I did the exam, I did not expect the study case to be 100pts and long to do. I was not prepared at all. In the class that I took, he did not show us how to do a case study so I was very confused. So I would like to ask you, do you how I can get help with the case studies. I would like to have some examples so I can test myself before redoing the exam. Please help, Are there diagrams I will need to fill out There is a chart to fill up which muscles are used in certain exercises, but you only need to know the major ones. Other than the bigger muscles, is there any other diagrams with bone, heart, and other anatomy that we'd need to identify the names of I hoe your exam went well Foundations, build, burn and strength. So does that mean in our case study, no matter who the client is, we design a program beginning with foundations and moving on in that order forward. There seems to be a lot of moving parts to program design but I don't know what I should really invest my energy in. Thanks in advance. No need to be concerned of the four phases for now.

All of the information about the client will be provided as well. Hope it helps! I am stuck on the fence on taking the exam, I have been going to the gym the past year, and have done a lot of research just for myself to get the best results in the gym. I am too passionate about fitness now that I want to become a certified PT. Or should I wait Thank you!! Glad to hear about your passion for fitness. You can definitely start studying for it now so that you can feel more prepared when the time comes for the exam. My advice is, if you are still in Uni and you won't be working as a Personal Trainer anytime soon, then you won't need to get certified early. I think it would be an more practical

approach as well, since after getting certified, you need to take continuing education courses after 2 years, then yearly after that. If you are looking to work in a gym as a trainer this year, then you can get certified a month before starting. Thanks again!! I've been training in person for over four years now. It's always great to meet people from all walks of life, and fulfilling to help them improve their lives. Really appreciate it. Your clients are lucky! All the best! I'm here to help! Notify me of new posts via email. Get Fit with FITT! To find out more, including how to control cookies, see here. Developed and written by canfitpro, Canada's foremost education and certification provider for fitness professionals, this fullcolor edition of Foundations of Professional Personal Training contains information for building skills, increasing confidence, and preparing for the Personal Training Specialist PTS certification with canfitpro. The second edition includes the following elements Part II explains the essentials of the human body, including chapters on bioenergetics, the cardiorespiratory system, skeletal and muscular anatomy, flexibility and mobility, and foundational movement. Part III provides thorough guidance on both passive and dynamic assessment of clients.

Part IV offers direction on program design and delivery based on client assessment as well as strategies for recognition and prevention of injury. To aid learning and prepare readers for the certification exam, each chapter includes objectives, a summary, a list of key study terms, and review questions. Readers will also benefit from a glossary, illustrated appendixes organized by muscle group and filled with information on technique for a range of resistance and flexibility exercises, and an appendix of norms for fitness assessments. Thirtysix video clips demonstrate proper technique of various exercises as well as dynamic assessment techniques for identifying improper movement patterns or imbalance. The reproducible forms can be printed and used in assessing clients and documenting training sessions. The web resource includes answers to the intext review questions found throughout the book, which will aid in comprehension and retention. Providing key concepts, guidelines, and considerations, this text is an essential resource for preparation for the PTS exam and for a successful career in personal training. It is a division of Canadian Fitness Professionals, Inc., which was established in 1993 to provide these professionals with continuing education and professional support. In 1998, canfitpro launched its national certification program that provides one standardized, comprehensive certification body in Canada for specialists in fitness instruction, personal training, nutrition and wellness, program direction, and club management. Known for quality and positive results, a canfitpro certification establishes a benchmark for excellence and education in the fitness industry. Foundations of Professional Personal Training, Second Edition, is used by canfitpro for their Personal Training Specialist certification program for candidates who work with clients on an individual basis and design exercise programs for improved health and fitness.

With only 3 downs to make 10 yards, the quarterback really has to be a playmaker. But to define a coaching philosophy and set goals, you must first understand and express why you coach and what principles will guide how you coach. Contact Veronique for more information. Canfitpro provides the answer with the Personal Training Specialist PTS certification. You will learn the foundational skills necessary to confidently and competently train apparently healthy individuals. 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. Canfitpro has collaborated with Human Kinetics Publishing Inc. The course consists of online and inclass learning. The online learning resource has been developed to provide an excellent online learning experience covering topics such as anatomy, biomechanics, and physiology. The comprehensive 25 hours inclass course covers a wide range of topics preparing you for the exams and the career of a personal trainer! Content was provided by industry experts including Dr. Gregory Anderson, Dr. Brad Schoenfeld, Chris Frederick, Chad Benson, Brian Justin, Mark Stone, and Rod Macdonald. Contained within is the most up to date information on current topics including static and dynamic postural assessments, fascia and program design, to go along with the more traditional topics of anatomy, exercise physiology,

biomechanics, and bioenergetics. This time frame is recommended in order to allow candidates to properly prepare for the exam. The theory exam consists of multiple choice questions, plus a written client case study. The practical exam is an actual workout with a client that is evaluated by your PRO TRAINER. Over the year I have taken many certifications including; Coach Export, Canadian Fitness Knowledge, Human Kinetic, Medical Exercise Specialist, YMCA and Can Fit Pro, to name a few courses.

I am now super excited to be a Pro Trainer with Can Fit Pro and to be able to get other passionate people certified and help others transform their lives. Most people that I know are certified under BCRPA and I think its just because a lot of people don't know the difference between the different certifications available. I wrote my canfitpro theory exam with her and did my practical component with her two days later. She was super accommodating I came over to the island from Vancouver and made me feel extremely comfortable during the whole process. I would HIGHLY recommend her. From the bottom of my heart, thank you Veronique for helping me make my dreams a reality and a new career now!!! " Cassandra Anne. Well bring you back here when you are done. Please select the correct language below. Find out how you can intelligently organize your Flashcards. Please upgrade to Cram Premium to create hundreds of folders! What is this called Which type of blood pressure is this Is this putting more or less pressure on the arteries Takes into consideration current fitness level. Calculate my target HRR Heart Rate Reserve at a desired 70% level, please. Calculate my target HRR Heart Rate Reserve at a desired 55% level, please. Is it the left or the right ventricle Whats the formula for this Please calculate Q Cardiac Output. What are 2 effects Functionally it is involved in locomotion Lower limbs of the axial skeleton and manipulation of objects in the environment Upper limbs. Prone means face down. Kinda like what those Cirque De Soleil performers do. But theyre not hyper so its kind of misleading. At least youll remember this term now. Abduction is when it moves away. Now you know it. Supination palms or bottom of foot up Pronation palms or bottom of foot down When the outside of the foot is more off the ground than the inside, which of those terms applies And that means a lot to those meaning to find it. Finding out what it means brings life meaning.