



## Personal Trainer

### *Additional Education: Certifications*

The personal trainer's primary job is to assess and help improve the health and fitness status of their clients. They will typically work in gyms, private health and fitness consulting companies, or as private consultants, and work with clients from a myriad of populations. Once a client's health and fitness has been assessed, a personal trainer will prescribe personalized aerobic, strength, and flexibility programs tailored to the specific goals of the client. Once the program begins, the personal trainer is involved in technique advice, motivation, and lifestyle management.

## Suggested courses for Personal Training

As of June 2017.

Note: The following courses are recommended courses, and are not mandatory for completion of a BKIN. Students are advised to volunteer in placements that will help them excel in the field and assist them with networking.

Complementary Kinesiology Courses	Suggested Non-KIN Electives
KIN 362: Adapted Physical Activity	EPSE 316: Learning Disabilities
KIN 389: Neuromuscular Integration of Human Movement	EPSE 410: Assistive Technologies in Special Education
KIN 462: Skeletal Muscle Physiology	PSYC 301: Brain Dysfunction and Recovery
KIN 469: Chronic Health Issues, Physical Activity, and Community Practice	PSYC 314: Health Psychology
KIN 473: Neuroanatomy of Human Movement	SOCI 444: Sociology of Aging
KIN 303: High Performance Conditioning in Physical Activity and Sport	SOCI 484A: Sociology of Health & Illness
KIN 330: Human Motor Behaviour	SPPH 410: Designing Health Interventions Improving Public Health
KIN 361: Athletic Training	CAPS 391: Introduction to Gross Human Anatomy
KIN 461: Prevention of Sport Injuries	
KIN 365: Foundations of Coaching	
KIN 469: Exercise Prescription	

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## Additional Resources

Suggested Co-Curricular Involvement	Suggested Certifications
Kinesiology Undergraduate Society	First Aid & CPR/AED
UBC Body Works Fitness Instructor/Supervisor	Canadian Society of Exercise Physiology- Certified Exercise Physiologist (CSEP-CEP) – Recommended but not required
Fitness Class Instructor	
UBC Birdcoop Class Instructor/Personal Trainer	BCRPA Basic Fitness Theory, Weight Training Instructor Certification, and Personal Training Certification (Certifications are also available through ACSM and other institutions)
UBC Varsity Athletic Trainer	

How To Get Involved / How To Get Certified	Other Programs To Enhance Your Learning Experience
UBC Recreation <a href="http://www.recreation.ubc.ca/">http://www.recreation.ubc.ca/</a>	Kinesiology Peer Academic Coaching (KPAC) <a href="http://kin.educ.ubc.ca/current-students/student-kinvolvement/kpac/">http://kin.educ.ubc.ca/current-students/student-kinvolvement/kpac/</a>
Canadian Society for Exercise Physiology <a href="http://www.csep.ca/">http://www.csep.ca/</a>	Athletics & Recreation: Campus Recreation <a href="http://www.recreation.ubc.ca/">http://www.recreation.ubc.ca/</a>
UBC Body Works Fitness <a href="http://outreach.kin.educ.ubc.ca/bodyworks/">http://outreach.kin.educ.ubc.ca/bodyworks/</a>	Campus Life: Volunteer for Campus Events <a href="http://www.students.ubc.ca/campus-life/">http://www.students.ubc.ca/campus-life/</a>
First Aid/CPR Training – Canadian Red Cross <a href="http://www.redcross.ca/">http://www.redcross.ca/</a>	Community Service Learning: <a href="http://www.learningexchange.ubc.ca/community_learn.html">http://www.learningexchange.ubc.ca/community_learn.html</a>
	Co-operative Education Program <a href="http://kin.educ.ubc.ca/co-op/about/">http://kin.educ.ubc.ca/co-op/about/</a>

Career Planning Tips
<p><b>ASSESS: Self discovery</b> <i>Reflect and write down your interests, values, personality traits, and skills.</i></p> <p><b>EXPLORE: Self awareness and career options</b> <i>List your top 5 priorities in each category of self assessment. Identify employment sectors based on the list.</i></p> <p><b>RESEARCH: Gather information</b> <i>Choose and gather information on 5 to 10 careers as identified above. Go online and talk to people in the industry.</i></p> <p><b>EVALUATE: Make decisions</b> <i>Identify pros and cons, required education, job trends, entrance strategies, and related occupations.</i></p> <p><b>PLAN: Action!</b> <i>Set goals and carry out strategies to experience your chosen career (e.g., volunteer, Co-op, summer work).</i></p>

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