

OFC



Certification Programs Overview

Ontario Fitness

C O U N C I L

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Certification Programs Overview

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Ontario Fitness Council

A LITTLE BIT OF HISTORY

Established in 1984 by a volunteer group of health and fitness professionals, the Ontario Fitness Council is a non-profit organization that services the needs of individuals and organizations who have an interest in fitness and the well-being of Canadians. Governed by a volunteer Board of Directors, the OFC promotes, supports and facilitates quality fitness practices among its members and in collaboration with many other provincial and community organizations. Today the OFC continues to be a vital service for the fitness industry, providing the resources and training essential to enhancing fitness leader performance and stimulating their ongoing growth and success. Through its professional certification designations and continuous training opportunities, it also plays a key role of ensuring the highest standards in the design and delivery of effective and appropriate fitness programs for healthy individuals and special populations.

AN OFC CERTIFIED FITNESS LEADER DESIGNATION HOLDS THE KEY TO FITNESS LEADERSHIP SUCCESS

Become a professional Fitness Leader in the health and fitness field by attaining your professional certification designation through the Ontario Fitness Council.

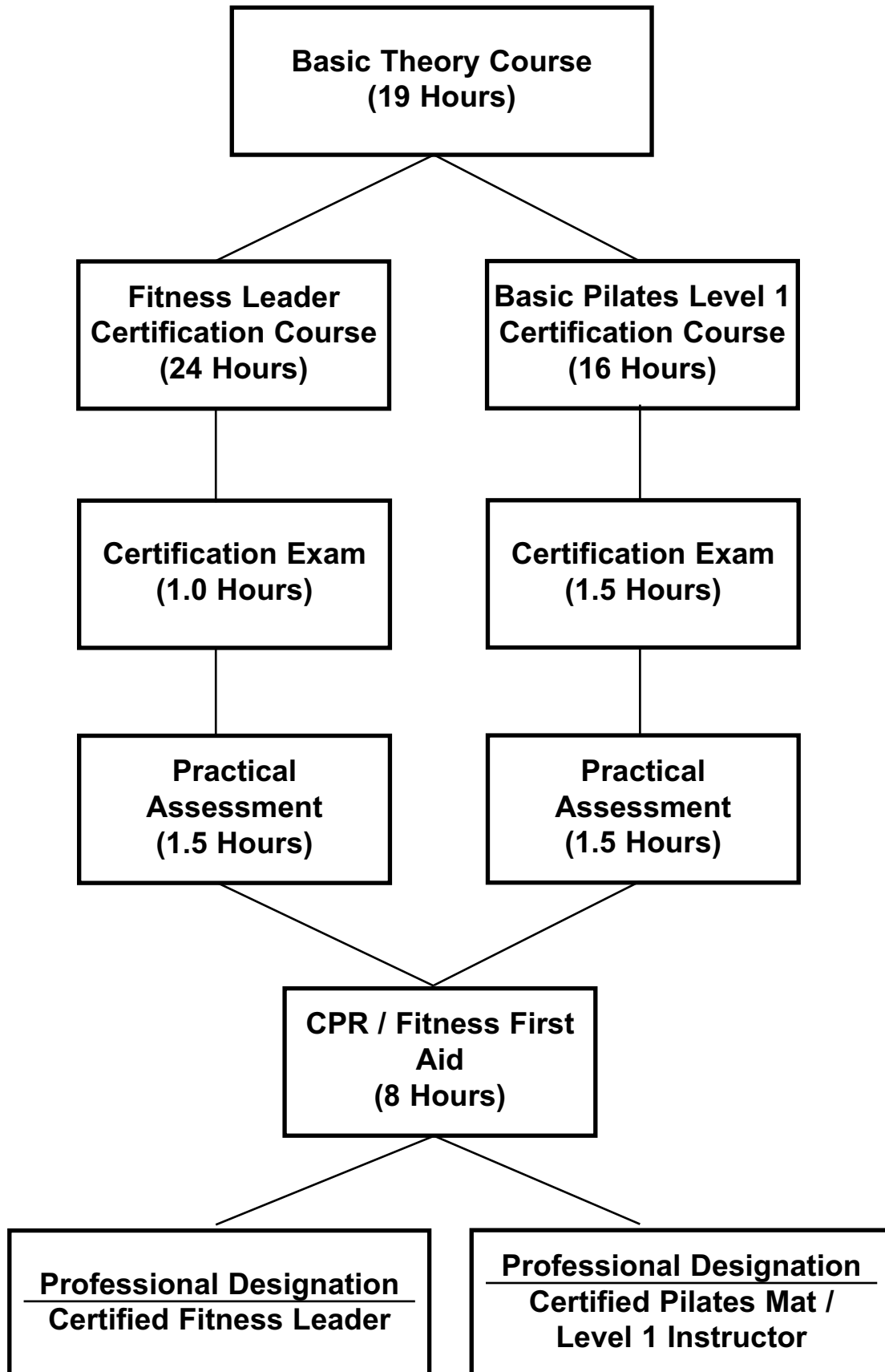
- Professional Training as a Fitness Leader
- Professional Designation - Certified Fitness Leader
- Easy access to relevant leading edge information
- Topical and Current Publications

NATIONAL FITNESS LEADERSHIP ALLIANCE

The Ontario Fitness Council is also a member of the National Fitness Leadership Alliance (NFLA), a diverse group of provincial government-affiliated fitness agencies. The mandate of NFLA is to provide a communications network among its members and promote a strong national perspective on fitness leadership across the country. The OFC's membership within NFLA means that if you leave Ontario for another province, your OFC certification is transferable.



OFC Certification Procedure



Ontario Fitness Council

To obtain any professional certification designation through The Ontario Fitness Council, you are required to complete the following process:

[1] Basic Fitness Theory Course

If you are considering a career in the fitness industry, you need to build a strong foundation of knowledge in the areas of fitness, exercise, and the human body. The Basic Fitness Theory Course is designed to provide the resources and training essential to study and better understand fitness leader performance in order to deliver safe and effective fitness programs for healthy individuals and special populations.

[2] Specialized Certification Training Course

Once you have successfully completed the Basic Fitness theory Course, you can now choose to become certified in: (1) group fitness or, (2) pilates/MAT. Each certification specialty has a unique training course that is specific and relevant and contains topics and areas of study that will prepare you for the appropriate professional certification designation.

[3] Certification Exam

Upon completion of the specialized certification training course, you are now required to write a theory exam that corresponds to the knowledge and information learned in the certification specialty. The exam is based on national or specialized standards and consists of sixty (60) multiple choice questions to be completed in sixty (60) minutes and you must achieve a minimum passing grade. A successful passing grade will allow you to proceed to the practical assessment which is the final step required to receive your professional certification designation.

[4] Practical Assessment

The practical assessment is the last step in the certification process. It consists of leading a class in order to demonstrate your ability to deliver a safe and effective fitness class that is motivating and dynamic in nature. The assessment consists of a sixty (60) minute class that is evaluated by a qualified Assessor and you must achieve a minimum passing grade. The assessment is followed by thirty (30) minutes of feedback and practical training.

[5] CPR Skills Card & First Aid Certificate

To complete your certification requirements, you must have a current and valid CPR Skills Card (minimum Red Cross Heartsaver) and First Aid Certificate.

[6] Professional Designation

Upon completion of the above requirements, you will receive an OFC Certified Professional Designation in your chosen certification specialty, and your certification will be valid for two (2) years. You will be required to renew your certification every two (2) years through a Continuing Education Credit (CEC) System and you must continue to maintain your CPR and First Aid, and ensure a minimum of ten (10) hours of teaching during your two (2) year period of certification.



Ontario Fitness Council

Training Centres

The various fitness leader certifications and specialized training programs of the Ontario Fitness Council are now conveniently offered through OFC Fitness Leadership Training Centres with many times and dates from which to choose. Please contact the appropriate Regional Manager for more information on the certification services and courses offered in the geographic area closest to you.

Refer to the Ontario Fitness Council Website or call 1.800.716.6716 for a Training Centre near you.



Basic Fitness Theory

To obtain any professional certification designation through The Ontario Fitness Council, you are required to first complete the Basic Fitness Theory Course.

BASIC FITNESS THEORY COURSE (19 Hours)

This course serves as an introduction to the theoretical aspects of fitness leadership and is a prerequisite for each certification specialty. The registration fee includes the Basic Fitness Theory Course Manual and special reference materials to help you build a strong foundation of knowledge within the fitness field.

The topics covered in the Basic Fitness Theory Course include:

- Becoming a Fitness Practitioner
- The Benefits of Physical Activity
- Activity Patterns of Canadians
- Behavioral Change Models
- Understanding Human Physiology
- Understanding Human Anatomy
- Movement Mechanics and Exercise Design
- Principles of Conditioning
- General Safety Concerns
- Leadership and Teaching
- Program Planning



Group Fitness Leader

To become certified as a Group Fitness Leader, you must have taken the OFC Basic Fitness Theory Course and you must complete the following three (3) requirements:

(1) FITNESS LEADER CERTIFICATION TRAINING COURSE (24 Hours)

The Leaders in Action Training Course is designed to teach you how to instruct group fitness classes. You will learn and practice key elements involved in designing and teaching safe exercise classes. The registration fee includes the Leaders in Action Training Course Manual and special reference materials to help you plan innovative ways to design creative fitness classes that are both challenging and fun.

(2) CERTIFICATION EXAM (1.0 Hours)

The exam consists of sixty (60) multiple choice questions to be completed in sixty (60) minutes and you must achieve a minimum passing grade of 80%.

(3) PRACTICAL ASSESSMENT (1.5 Hours)

The assessment consists of a sixty (60) minute class that is evaluated by an OFC Assessor and you must achieve a minimum passing grade of 80%. The assessment is followed by thirty (30) minutes of feedback and practical training.

PROFESSIONAL DESIGNATION

Upon completion of the OFC Basic Fitness Theory Course and the above three (3) requirements, you will become an OFC Certified Fitness Leader.



Pilates / MAT Instructor

To become certified as a Pilates / MAT Level 1 Instructor, you must have taken the OFC Basic Fitness Theory Course or hold a current OFC Certified Fitness Leader designation, and you must complete the following three (3) requirements:

(1) PILATES / MAT CERTIFICATION TRAINING COURSE (16 Hours)

This specialized training course involves sixteen (16) hours of studio learning based on the Pilates Mat Method (Level 1) Syllabus. The content of the course includes the study of the principles, purpose, and essence of each exercise, as well as core technique, phrasing, and movement quality. You will also review functional anatomy as applied to Pilates and will learn to apply Pilates to movement rehabilitation. This course also teaches you how to modify exercises for special needs populations and specific body types and takes a look at program design and goal setting for various formats and time-lines.

The registration fee includes a fully illustrated Pilates / MAT Training Course Manual.

(2) CERTIFICATION EXAM (1.5 Hours)

The exam consists of sixty (60) multiple choice questions to be completed in ninety (90) minutes and you must achieve a minimum passing grade of 75%.

(3) PRACTICAL ASSESSMENT (1.5 Hours)

The assessment consists of a sixty (60) minute practical session that is evaluated by an Ontario Fitness Counsel Assessor and you must achieve a minimum passing grade of 75%. The assessment is followed by thirty (30) minutes of feedback and practical training. Also included as part of the practical assessment is the application and correction of a related case study.

PROFESSIONAL DESIGNATION

Upon completion of the OFC Basic Fitness Theory Course and the above three (3) requirements, you will become an OFC / Pilates Certified MAT Instructor, which comprises certification in the MAT Pilates Method (Level 1).



Fitness First Aid Course

To complete your certification requirements, you must have a current and valid CPR Skills Card (minimum Red Cross Heartsaver) and First Aid Certificate. The SAO/Canadian Red Cross Fitness First Aid Course meets all of the regulatory standard CPR and first aid requirements and is valid for three (3) years.

FITNESS FIRST AID TRAINING COURSE (8 Hours)

Fitness First Aid is a new, innovative program designed for the fitness industry. This one-day course provides First Aid and CPR training tailored to the needs of fitness professionals. Fitness First Aid certification is valid for three (3) years.

The topics covered in the Fitness First Aid Course include:

- Strains and Sprains
- Heat Conditions - Exhaustion and Stroke
- Heat/Muscle Cramping
- Heart Conditions - Angina/Heart Attack/Stroke
- Diabetic Emergencies
- Airway/Breathing/Circulation (ABC) - CPR
- Other Fitness Related Injuries
- Fainting

The registration fee includes:

- CPR Certification (valid for 3 years)
- CPR Skills Card
- Fitness First Aid Training
- Fitness First Aid Manual
- Fitness First Aid Certificate





**Ontario Fitness Council
Certification & Training Programs
Registration Form**



Participant Information (Please print clearly)

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Tel/Bus: _____ Tel/ Home: _____ Email: _____

Certification Programs

<u>Course Title</u>	<u>Location</u>	<u>Date(s)</u>	<u>Fee</u>	<u>Total</u>
Basic Fitness Theory Course	_____	_____	\$ 175.00	_____
Fitness Leader Certification Course	_____	_____	\$ 225.00	_____
Pilates / MAT Certification Course	_____	_____	\$ 299.00	_____
Exam and Practical Assessment	_____	_____	\$ 99.00	_____
			Total:	_____

Note: To register for any certification course, you must have completed the Basic Fitness Theory Course or hold a current OFC Certified Fitness leader designation.

Method of Payment

Payments are accepted by cheque or money order only, payable to Fitness Practitioners Association of Ontario and mailed to the address shown below or by registering online at our website: www.ofc-fpao.com.

Waiver Of Liability

I agree to forever release, discharge, fully indemnify and save harmless, the Fitness Practitioners Association of Ontario (operating as the Ontario Fitness Council), the facilities and all promoters, sponsors, and their representatives, successors and assigns from any and all claims, demands and expenses whatsoever on account of damage or loss of property, physical or mental injury, or death.

I verify that I am physically fit and I do not suffer from any disability, physical ailment or take any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form.

Date _____ Print Name _____ Signature _____

Mail or fax completed registration form and payment to:

Ontario Fitness Council
35 Revelstoke Cres.
Richmond Hill ON L4B 4T2

Bus: 800-716-6716
Fax: 905-738-7797
Eml: admin@ofc-fpao.com
Webpage: www.ofc-fpao.com

Thank you for choosing the Ontario Fitness Council for your Fitness Leader Certification.