



BC Recreation and Parks Association  
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## **FITNESS LEADERSHIP REGISTRATION PROGRAM** **TRAINER OF FITNESS LEADERS APPLICATION**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

### **MODULE(S) APPLYING FOR:**

- Fitness Theory      Practical Modules:
- Weight Training       Aquatic Fitness  
 Personal Training       Group fitness  
 OsteoFit

### **REQUIREMENTS:**

#### *OPTION 1:*

\_\_\_\_\_ University Degree in Physical Education, Kinesiology or other related Health and Fitness area

#### *OPTION 2:*

\_\_\_\_\_ BCRPA Registered Supervisor of Fitness Leader registration in specialty module applied for  
 \_\_\_\_\_ Transcript indicating University/College education in related Health and Fitness area (minimum 27 credits)

#### *BOTH OPTIONS REQUIRE:*

- \_\_\_\_\_ Current BCRPA registration (out of province registration will be reviewed on an individual basis)
- \_\_\_\_\_ Letter indicating apprenticeship (50 hours of teaching in each module applied for) under a BCRPA registered Trainer of Fitness Leaders (TFL)
- \_\_\_\_\_ Recognized Trainer of Trainers workshop/Adult Education course
- \_\_\_\_\_ Current First Aid and CPR
- \_\_\_\_\_ Resume of fitness background
- \_\_\_\_\_ Instructional Competency Evaluation (ICE) Workshop and Practicum (for those applying for TFL status in a practical module)
- \_\_\_\_\_ Two reference letters (current within 1 year) from a Supervisor or Manager/Owner indicating competencies as a trainer and educator
- \_\_\_\_\_ Approval of course materials (see page 2 – not required for OsteoFit)

## Course Approval

In order to maintain the high standards of the BCRPA registration program and the consistency of course delivery, please submit the following information prior to course delivery:

- \_\_\_\_\_ Course outline and lesson plans (performance standards are available for each module on the website [www.bcrpa.bc.ca](http://www.bcrpa.bc.ca))
- \_\_\_\_\_ Copy of instructional materials, course manual or equivalent text (All manuals must be BCRPA approved)
- \_\_\_\_\_ List of reference materials
- \_\_\_\_\_ Copies of handouts
- \_\_\_\_\_ Examples of course evaluation system

*REVIEW FEE:*

\_\_\_\_\_ \$25.00 VISA/MC# \_\_\_\_\_

Expiry Date \_\_\_\_\_ Signature: \_\_\_\_\_

Enclose copies of all documents verifying the above information **together** and mail to the BCRPA office.

Please allow 2-3 weeks for processing.