



THE UNIVERSITY OF WINNIPEG

For more information visit www.uwinnipeg.ca or contact a student recruitment officer at welcome@uwinnipeg.ca or 204.786.9844. In any case where The University of Winnipeg Course Calendar and this fact sheet differ, the current Calendar takes precedence.

Personal Fitness Trainer

If you are interested in working one-on-one with people to improve their fitness and activity levels, you may want to become a personal fitness trainer. In order to be properly prepared and to qualify for insurance, you should have a university degree in exercise/sport science.

The University of Winnipeg offers 3- or 4-year programs that cover all of the areas you need to be a qualified, nationally certified personal trainer or exercise physiologist. We offer a broad range of courses in small, interactive classes, taught by experienced and engaging professors. Our courses can be taken full-time, part-time, or one at a time—you can design a plan that fits your needs. Depending on your previous course and work experience, you may receive advance standing or university credit for your knowledge in the field.

You will also have the opportunity to graduate with a **Bachelor of Arts (Kinesiology and Applied Health) or Science (Exercise science) Degree**, with a major in Kinesiology and Applied Health.

In Canada, there are many organizations – both private and non-profit – that certify personal trainers. The University of Winnipeg and the Manitoba Fitness Council (MFC) recognize the national certification of the Canadian Society for Exercise Physiology (CSEP) as being the most comprehensive. Students of The University of Winnipeg can take all of the necessary **preliminary** courses, as well as their CSEP-CPT (Certified Personal Trainer) or CSEP-CEP (Certified Exercise Physiologist) through the Department of Kinesiology and Applied Health. Further information about CSEP can be found at <http://csep.ca>. A list of University of Winnipeg courses required for CSEP-CPT/CEP certification can be found at <http://kinesiology.uwinnipeg.ca/> under Degree Majors.

CERTIFIED PERSONAL TRAINER (CSEP-CPT) SAMPLE COURSES:

Human Anatomy, a second-year course, involves the study of the human anatomical systems and their integration. Special emphasis will be placed on the skeletal, articular, and muscular systems. Students will also undertake the analysis of movement.

Scientific Principles of Fitness and Conditioning is a second-year course in which students apply physiological principles to sport, fitness, physical activity, health, and physical education. Students will evaluate existing conditioning methods and develop skills in fitness assessment and exercise prescription.

Advanced Resistance Training is a third-year course that examines the principles of resistance training from anatomical, biomechanical, and physiological bases. Students will focus on teaching specific exercise techniques, spotting and participant safety, program design, testing, monitoring, and physiological adaptations to training. The course has a large practical component in which students are expected to acquire and demonstrate their expertise in the topic areas.

Physical Activity: Promotion and Adherence is a third-year course which studies theory and practices that promote the adoption of exercise, physical activity, and positive health behaviour, as well as strategies to foster adherence. Topics include effective individual and community intervention design, counselling in the fitness profession, and the dose-response relationship to adherence of physical activity.

REQUIRED COURSES FOR CERTIFIED PERSONAL FITNESS TRAINING:

These courses may be taken in the 3- or 4-year BA or 4-year BSc program. The standard for most Canadian universities is a 4-year exercise science degree.

KIN-2202(3) Prevention and Care of Sport Injuries

KIN-2204(3) Human Physiology OR BIOL-1112(6) Human Anatomy and Physiology

KIN-2301(3) Human Anatomy

KIN-2304(3) Scientific Principles of Fitness and Conditioning

KIN-3106(3) Exercise Physiology

KIN-3201(3) Biomechanics

KIN-3304(3) Advanced Resistance Training

KIN-3305(3) Physical Activity: Promotion and Adherence

BUS-1201(3) Introduction to Business I

CERTIFIED EXERCISE PHYSIOLOGIST (CSEP-CEP) SAMPLE COURSES:

Nutrition for Health and Wellness is a second-year course. It introduces students to nutrition information, especially as it contributes to decision-making. Students will develop an understanding of the role of nutrition in optimal health, physical activity, and disease prevention.

Physical Activity and Aging is a third-year course. It introduces students to various theories, concepts, topics, and issues associated with the effects of physical activity on adult development and aging. Course content includes; physical activity patterns and preferences; impact of the aging process on body systems; impact of physical activity on disease states in older adults; and physical activity program design and delivery for older populations.

Pathology in Sport Medicine is a third-year course. It introduces the student to pathological manifestations occurring during illness and injury. Topics include the cellular and vascular events that occur after an injury, the inflammatory and healing process, as well as the many systemic and organically based illnesses and injuries that may be complicating factors when treating athletic injuries.

REQUIRED COURSES FOR CERTIFIED EXERCISE PHYSIOLOGIST:

Following course are required in addition (or as part of) completion of a 4-year exercise science degree.

KIN-2202(3) Prevention and Care of Athletic Injuries

KIN-2105(3) Sport Psychology

KIN-3304(3) Advanced Resistance Training

KIN-3305(3) Physical Activity: Promotion and Adherence

KIN-3505(3) Pathology in Sport Medicine

KIN-3208(3) Physical Activity and Aging

KIN-4106(3) Exercise Physiology in Chronic Disease

KIN-4502(3) Drugs and Ergogenic Aids in Sport

BUS-1201(3) Introduction to Business I

SAMPLE FIRST YEAR FOR THE 4-YEAR BSc IN EXERCISE SCIENCE

NOTE: This sample first year is representative of the courses you may take. For many of our programs, you may choose another set of courses and still be well on your way to a degree. Also, for most programs you do not have to take 30 credit hours (five full courses) in your first year.

KIN-1101(3) **Introduction to Kinesiology**; KIN-2105(3) **Sport Psychology**; KIN-2301(3) **Human Anatomy**

KIN-2305(3) **Issues in Health**; RHET-1106(3) **Academic Writing: Links with the Disciplines-KIN** or any other section of Academic Writing (if required)

6 credit hours Humanities; recommended options: KIN-2060(3) Sport in the Ancient World

9 credit hours Electives; recommended options: PSYC-1000(6) Introductory Psychology, SOC-1001(3) Introduction to Sociology

REQUIRED HIGH SCHOOL COURSES

You must meet The University of Winnipeg's general admission requirements for all Kinesiology programs except the BSc in Exercise Science. For the BSc Exercise Science program, **Chemistry 40S** and **Pre-Calculus or Applied Mathematics 40S** are required.

HOW TO APPLY

Domestic Student

Apply online at uwinnipeg.ca or pick up an Application for Admission from your high school counsellor's office or the Admissions Office at The University of Winnipeg. To meet Scholarship deadline submit your application and \$80 application fee.

International Student

Apply online at uwinnipeg.ca/index/intl-apply and submit all official documents by mail. To meet Scholarship deadline submit application, fee, and documents by March 1st. International application fee is \$100, which includes a one-time courier fee.

CONTACT US

Dr. David Telles-Langdon, Chair

Kinesiology and Applied Health

Phone: 204. 786-9248

Email: d.telles-langdon@uwinnipeg.ca

<http://kinesiology.uwinnipeg.ca/> (Look under the under Degree Majors tab)



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