



## BCRPA Approved Certification Process

### Personal Trainers Certification

Week	Area of study / courses	Cost	Notes
1	Fitness Knowledge Course		
2	Fitness Knowledge Course		
3	Fitness Knowledge Course		
4	Fitness Knowledge Course Completion BCRPA Exam Prep	\$340 \$120	Manual is included in course cost BCRPA \$70 Exam fee included in cost
5	BCRPA Exam Writing First Aid/CPR	\$65	All materials are included
6	BCRPA Exam Marking		BCRPA Exam results take about 2 weeks and you must have passed this exam to continue on
7	BCRPA Exam Marking BCRPA Fitness Leader Registration	\$95	Complete BCRPA Fitness Theory Application
8	Weight Training Course	\$275	Manual is included in course cost
9	Weight Training Course *		
10	Weight Training ICE Completion & Practical Evaluation	\$95	
11	Personal Trainers Course	\$379	NSCA's Essentials of Personal Training Textbook is an additional cost and ordered separately through BCRPA (approximate cost is \$90)
12	Personal Trainers Course		
13	Personal Trainers Course		
14	Personal Trainers Course		
15	BCRPA Personal Trainers Exam Preparation Course	\$120	BCRPA \$65 Exam fee included in cost
16	BCRPA Personal Trainers Exam Writing		4-6 weeks for exam results from BCRPA
17	BCRPA Personal Trainers I.C.E. Completion & Practical Evaluation	\$95	

*\*For those completing either just Weight Training or Group Fitness, it will take you approximately 10 weeks.*

*Approximate cost for Personal Trainers Certification = \$1,584*

*Approximate cost for Weight Training or Group Fitness Certification = \$990*

As of November 2010