



INFOFIT Student Scholarship Essay Contest

Scholarship Amount: \$5990.00

INFOFIT Educators is North America's School for Fitness Professionals

A Leader in exercise education since 1989, we provide exam preparation courses for aspiring fitness leaders & continuing education courses for certified fitness professionals. Our passion is to provide quality education. Our courses will keep you on the leading edge of your profession & guarantee you success in your business.

We offer elite certifications courses and business training seminars for aspiring and experienced fitness professionals.

INFOFIT has on its faculty a host of dynamic presenters skilled in teaching you the leading edge topics in Personal Training, Injury Rehabilitation and Business Courses. We guarantee to accelerate your learning.

At INFOFIT we will teach you how to be healthy, wealthy and happy as you add value to other peoples' lives!

To register for our Personal Trainers Diploma Program, or any of our Continuing Education Courses, please call us at 604-683-0785 or email admin@infofit.ca.

Personal Trainer Certification Program Description:

Recognized by the British Columbia Recreation and Parks Association (BCRPA), and ACE (American Council on Exercise) the Full Time Personal Trainer Certification Program is designed for students wanting to pursue a career as an elite personal trainer. It is a 4 course program that takes 12 weeks to complete Monday through Friday. Students will learn foundational knowledge such as:

- Basic Anatomy
- Exercise Physiology
- Exercise Analysis
- Exercise Safety
- Biomechanics Nutrition

Students will learn how to perform:

- A series of physical fitness assessments
- A comprehensive health screening
- A heart disease risk profile assessment

Students will learn how to:

- Develop basic and advanced fitness programs for healthy individuals and those with special needs (e.g. diabetes)
- Teach safe and effective exercises
- Teach safe and effective stretching
- Fundamental principles of conditioning for cardiovascular, strength and flexibility training
- Teach a wide variety of exercises, stretches and instructional methods
- Work with a wide variety of real clients which will help prepare them for work in the fitness industry

What's included in the program:

- ACE Personal Trainer Manual, ACE Essentials of Exercise Science & ACE Master the Manual
- Strength Training Anatomy book
- The Great Anatomy Colouring book
- ACE Personal Training Exam
- Exam Prep Study guides for ACE, ACSM & BCRPA
- CPR/First Aid
- Practical experience in the gym with real clients
- 3 workbooks (Fitness Theory, Personal Trainer Basics and Personal Trainer Comprehensive)
- Preparation for National and/or International Certification (ACSM, NSCA, BCRPA)
- Online instruction via INFOFITBC YouTube Channel
- Complimentary attendance to exam prep workshops
- RPE Chart

Website: www.infofit.ca

Email address: admin@infofit.ca

Fax: 604-683-0786

Submission Deadline: May 31, 2017

Essay Topic: How Fitness has impacted your life and why you want to be a Personal Trainer

Admission Requirements & Contest Rules:

1. The Contest is open to Canadian High School Students in Grade Twelve. A Student is defined as someone who attends school in the 2016/2017 year or is enrolled to attend in 2016/2017.
2. Secondary Students in all disciplines will be considered eligible.
3. Entry must include a typed essay of max 1,000 words; How Fitness has impacted your life and why you want to be a Personal Trainer. Including a cover sheet with the students name, mailing address, phone number and email address. Also include the entrant's school attended and record of marks.
4. Entries must be submitted by;
 - a. email @ admin@infofit.ca
 - b. mail @ #102 – 1687 West Broadway, Vancouver, BC, V6J 1X2
 - c. fax @ 604-685-0786
5. Entries to be submitted only once.
6. Entry must be written by the applicant and be their own original writing.
7. Failure to follow these rules may lead to disqualification from the contest.
8. Course must be taken within 12 months of Scholarship.
9. Scholarship is available as a course only and cannot be cashed in for money.
10. Scholarship is non-transferable.