



*Expand Your Leadership Potential*

## Aboriginal Fitness Certification Program

The Community Services Department is accepting applications for people who want to receive their fitness certification and teach fitness classes. **Applicants must be self-motivated, reliable, and dependable with an interest in teaching land aerobics and/or aqua fitness.** If you have committed to a lifestyle that is active and healthy and would like to learn to motivate and energize people to do the same, then this program is for you!

### Responsibilities:

- 100% mandatory attendance in all courses
- Completion of all modules within 1 year of acceptance into the program
- Repayment of courses in full in the event of a failed attempt or missed course
- Provide constant contact with AIC with progress reports during the entire program

### Qualifications:

- Must be 19 years of age or older;
- The desire to attain: theory course, specialty modules in either group fitness (land), aqua and/or fitness for Older Adults;
- CPR, Level C Certification;

### Related aerobic experience preferred.

**Financial Assistance:** Qualified applicants being of Aboriginal ancestry can apply for financial assistance through the Urban Aboriginal Leadership Program in attempts of linking Aboriginal people to employment and leadership roles in the community.

**Employment Opportunities:** Fitness leaders with community association programs and at various City of Saskatoon leisure centres.

### For further information regarding this opportunity, contact:

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## **Aboriginal Fitness Certification-Program Overview**

There are a total of four steps to become a fitness instructor.

- 1. Fitness Theory course.**
- 2. Group Fitness, Aqua Fitness, or Fitness for Older Adults (choose one)**
- 3. Mentorship hours (10 hrs of instruction)**
- 4. Evaluation**

### **1. SPRA Fitness Theory Course**

A minimum 24-hour course that covers the basic principles of anatomy and physiology as well as a variety of physical activity exercises. The curriculum meets the requirements and standards set by the National Fitness Leadership Advisory Council (NFLAC).

The NFLAC exam must be written within 6 months of taking the course. A passing grade of 80% or higher is required.

### **2. SPRA Specialty Modules (Choose one)**

#### ***Group Fitness (Land)***

A minimum 24-hour course plus practical evaluation covering topics specific to leading group exercise classes to music, includes a step component. A passing grade of 80% or higher is required.

#### ***Aqua Fitness (Water)***

A minimum 24-hour course plus practical evaluation covering topics specific to leading group exercise classes in the water. A passing grade of 80% or higher is required.

#### ***Fitness for Older Adults (Land)***

A minimum 24- hour course plus practical evaluation that will increase your knowledge and confidence level in leading a group exercise class for older adults on land. A passing grade of 80% or higher is required.

### **3. Mentorship hours (10 hrs of instruction)**

After completion of both the SPRA Fitness Theory, Group, Aqua, or Fitness for Older Adult course, you will then need to complete 10 hours of mentorship to ensure your transition into teaching is more effective.

### **4. Evaluation**

After completion of your mentorship hours you will be evaluated by your Fitness evaluator. The evaluator will either recommend your certification or ask you to commit to particular portions of your fitness routine. After you pass the evaluation you will then need to send all necessary documents along with a \$75.00 registration fee to SPRA. You will now be a certified fitness instructor and be able to run your own fitness routines and workouts.



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## Application Form

This program is a Fitness Leadership Certification Program. If you enjoy aerobics classes and would like to teach others, this program is for you! Fill out the application form below.

1. Name (Please Print) \_\_\_\_\_

2. Address (including postal code)  
\_\_\_\_\_

3. City/Town (permanent residence) \_\_\_\_\_

4. Telephone Number: \_\_\_\_\_

5. Email address: \_\_\_\_\_

6. Why do you want to become a certified fitness instructor? (please list Reasons)

7. What related skills and abilities do you currently have? (volunteer experience, involvement/participation in sport, recreation, leisure or cultural activities. Please be specific)



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8. Please provide at least two personal or professional references

Reference #1	Reference #2
Name: _____	Name: _____
Email: _____	Email: _____
Telephone: _____	Telephone: _____

**Self Declaration:**

Self-Identification Please check one of the following <input type="checkbox"/> First Nations <input type="checkbox"/> Métis <input type="checkbox"/> Inuit <input type="checkbox"/> Non-Status
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I certify that the statements made by me in this application are true and complete to the best of my knowledge and belief and are made in good faith. I understand that: If any of these statements are untrue, this application may be rejected or any monetary commitment to a program rescinded; If and when required, I will provide proof of education, certification, and licences.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Benefits of Becoming a Certified Fitness Leader**

- ✓ Provincially recognized and sanctioned Fitness Leadership Certification
- ✓ Promotes active living opportunities
- ✓ National transferability
- ✓ Promotes professionalism in the fitness industry

For more information about the SPRA/NFAS can be found at- Saskatchewan Parks and Recreation Association website: [www.spra.sk.ca](http://www.spra.sk.ca)