

# Certification Checklist for Group Exercise Leader

In order to complete the certification process to be an Group Exercise Leader (GEL) you must complete all of the following steps:

- Exercise Theory Course
- successful completion of written ET exam (80% pass mark)
- GEL course done in-person
- 8 to 10 hour practicum with an NSFA registered GEL, or another approved mentor
- Successful completion of written GEL exam (80% pass mark)
- Successful completion of GEL practical evaluation (80% pass mark)
- Proof of current (less than 1 year old) 1st Aid and CPR, any level, from one of the following approved providers:

Red Cross, St. John Ambulance, Lifesaving Society, or, Heart & Stroke Foundation.

\*If you wish to add Step Aerobics or Portable Equipment to your certificate please contact the NSFA to see when these courses will be offered, or to be connected with a mentor for this training.

