

Certification Checklist for Personal Trainer

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)
- RT course done in-person
- 8 to 10 hour practicum with an NSFA registered RT*, or another approved mentor
- Successful completion of written RT exam (80% pass mark)
- Successful completion of RT 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.
- Completion of the PT course in-person
- Completion of the PT Program Log Book
- Completion of the PT written exam (80% pass mark)
- Completion of the PT practical evaluation (80% pass mark)

*RT is the recommended pre-requisite course for PT, however an experienced GEL or OAL may also apply to be in the PT program.

