

# Certification Checklist for Resistance Trainer

In order to complete the certification process to be a Resistance Trainer (RT) you **must** complete all of the following steps:

- Exercise Theory Course
- successful completion of written ET exam (80% pass mark)
- Resistance Trainer 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.

