



[Get Certified](#)



[Continuing Education](#)



[Events](#)



[Membership](#)



[Fitness Business](#)



[Blog](#)

[Login](#)

[Français](#)



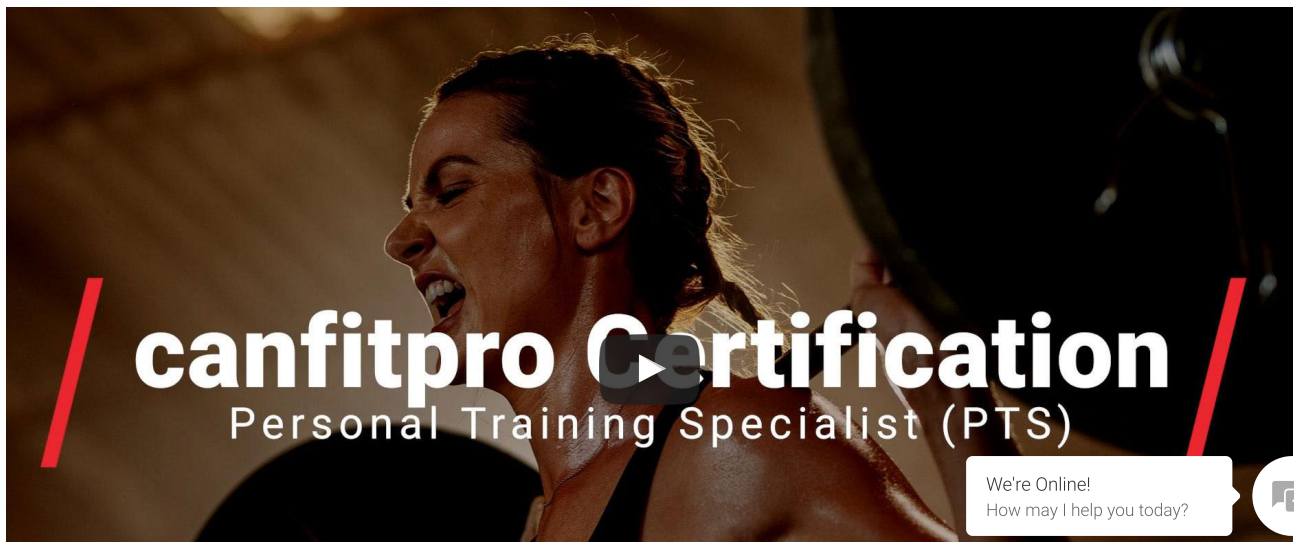
PERSONAL TRAINING SPECIALIST

PERSONAL TRAINERS ARE IN HIGH DEMAND

The canfitpro Personal Training Specialist (PTS) program delivers the knowledge and skills you need for success.

FIND A COURSE

Already a Member? Click Here to Register your course!



Earn income while transforming lives.

Why?

Most Personal Trainers are inspired to help others. To make a difference in someone's life. In addition to your desire to get people moving, you also need credentials. Build the knowledge and skills required to work as a Personal Training Specialist with education from renowned fitness experts and canfitpro's team of PRO TRAINERS. canfitpro certification is accessible, affordable, and will accelerate your fitness career. As an industry leader, canfitpro has been serving fitness professionals in Canada for over 25 years. Courses are available in-person or virtually and your canfitpro certification is accredited globally.

Personal Training, and a career in the fitness industry, offers flexibility and the opportunity to work from anywhere!

Who

Just like you tell yourself before every workout - you have to get started. So, go deeper and follow your calling. Through a combination of virtual training, classes, and exams, you can start training individuals or small groups of clients. Your designation from Canada's most reputable fitness organization will enable you to start a full-time career, or earn side income, as a Personal Training Specialist.



GET THE TOOLS YOU NEED TO START CHANGING LIVES

canfitpro provides a variety of learning opportunities including virtual or in-person 25-hour courses with a PRO TRAINER. Get started as soon as you purchase your certification package with the PTS self-directed education. Choose to fast-track your learning with the PTS course, facilitated by an expert PRO TRAINER. All certification packages come with a comprehensive manual to further develop your knowledge.

There is money to be made as a Personal Trainer and the more you prepare for your certification, the faster you'll find success. canfitpro will get you there.

BECOME CERTIFIED IN 4 STEPS

1

Choose your Learning Experience:

Self-Directed Learning, with coaching from a PRO TRAINER during a Virtual or In-Person Course

or

On your Own, completing the Course Material without a Coach to Prepare for Exams



2

Register and Start Learning!

02/19/2022 <https://www.canfitpro.com/personal-training-specialist/>

Read the Manual and Engage in Interactive Online Resources

Develop your Theoretical Knowledge and Practical Skills

Study and Prepare for your Exams

If the Full Certification is chosen: attend your In-Person or Virtual Course with your PRO TRAINER and build your high performance skill-set through practical learning, expert advice, feedback, coaching, career and networking opportunities.

**You will receive your e-manual and additional resources via email up to 3 business days after registration.*

3

Pass your Theory Exam

4

Pass your Practical Exam and Submit your CPR

Increase your knowledge and confidence to train clients. Topics included in the Personal Training Specialist (PTS) program:

- Aspects of fitness, wellness, and basic training principles
- Nutrition and bioenergetics



- Cardiorespiratory, skeletal, and muscular system anatomy and function
- Flexibility, mobility, and fascia
- Passive and dynamic assessments
- Periodized program design and delivery
- The business of personal training
- Behaviour change and coaching principles

FIND A COURSE

[Already a Member? Click Here to Register your course!](#)

The professionalism and delivery of the canfitpro Personal Training Specialist Training was second to none. Having just completed the course, I feel not only ready to launch into personal training as a career but also proud to be a member of this organization.

Sarah Shaw

The Pro Trainer all the knowledg Trainer. I feel co others and help

Ann I



SAVE TIME & STUDY EFFECTIVELY FOR EXAMS

Online Study Prep Course

There's a lot to learn to successfully complete the Personal Training Specialist exams. To guide you, we offer a Study Prep Online Course to streamline your studying efforts.

Included to Help You Complete Exams Successfully:

- Modules to highlight essential information from each chapter
- Video lectures
- Study cards
- Chapter quizzes
- Case studies
- Mock exams and practice questions

When you [register](#), simply add the "Personal Training Specialist Study Prep" to your package.

THE PERSONAL TRAINING SPECIALIST EXAMS

We recommend you attempt the Theory Exam approximately 3 – 5 weeks after finishing the virtual or in-person course. This provides adequate time to prepare for the exam.

The Theory Exam:

- Multiple choice questions
- Written client case study

The Practical Exam:

- An actual workout with a client, evaluated by your PRO TRAINER, either in-person or virtually
- Assesses theoretical knowledge, rapport building, and practical application of fitness theory



FEES

PRO TRAINER Delivered Learning

Best option for learning and career success!

Includes:

Course Manual (print & electronic),
Online Course (self-directed), PRO
TRAINER led interactive course,
Theory Exam, and Practical Exam

**Early Bird
Member***

\$589

Save 17% with
Membership

Regular Member

\$689

Save 15% with
Membership

**Early Bird Non-
Member***

\$709**

**Regular Non-
Member**

\$809

Self-Directed Learning (Exam Challenge)

Includes:

Online Course (self-directed),
Course Manual (print & electronic),
Theory & Practical Exam

\$415

Save 22% with
Membership

\$515

Save 19% with
Membership

\$535**

\$635



NOTE: does NOT include a course
8 of 12 led by a PRO TRAINER. This
independent learning option is
suited for students with previous
experience and/or education in
fitness and health.

02/15/2022

<https://www.canfitpro.com/personal-training-specialist/>

PTS study prep

\$129

\$159

*Early Bird Rates apply to registrations received more than three (3) weeks prior to the scheduled start date of the event.

**The Non-Member Rates include a one-year canfitpro Professional membership.

shipping

Regular

\$0

No charge – may take up to 10 business days to arrive

Express

\$25

Arrives within three (3) to four (4) business days

I'M READY - REGISTER NOW

[Already a Member? Click Here to Register your course!](#)

WHAT ARE THE CANFITPRO PTS STANDARDS OF PRACTICE?

A canfitpro certified Personal Training Specialist is qualified to:

- Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Training Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals

We're Online!
How may I help you today?



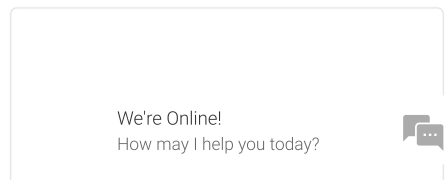
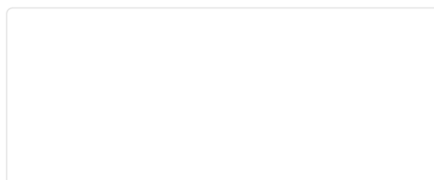
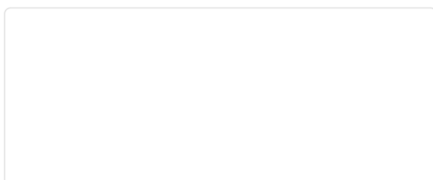
- Assess, design and deliver individual and small group (up to 10 individuals) training program in a health club, home, workplace, or virtual setting
- Confirm that clients have completed the Physical Activity Readiness Questionnaire (PAR-Q developed by Health Canada), and then provide an individualized training session to apparently healthy individuals who have no known major medical conditions
- Monitor client resting and exercise heart rate and blood pressure regularly
- Develop a client specific exercise plan within their level of ability and progress to more advanced training techniques with clients once the proper competency has been achieved
- Modify all client exercise technique as needed to strive for optimal individual biomechanical effectiveness
- Promote the benefits of regular physical activity and a balanced lifestyle using canfitpro's Recommendations on Physical Activity, Nutrition, and Positive Mindset for Optimal Health
- Provide general nutrition advice based on Canada's Food Guide. Individuals who require more specific advice on diet and supplements must be referred to a qualified nutrition professional
- Answer general questions for participants on injuries or discomforts related to exercise. All injuries must be diagnosed and treated by a qualified medical professional
- Provide emergency care based on the participant needs (contact EMS, provide Emergency First Aid or CPR)

As a certified Personal Training Specialist (PTS), I agree to provide a safe and effective individual exercise program that provides appropriate exercise selection and intensity to meet the individual needs of each adult client.

As a certified Personal Training Specialist (PTS), I agree to respect my role, abide by the Code of Ethics, and work within my Standards of Practice at all times.

I recognize that failure to follow this Standards of Practice, or the canfitpro Code of Ethics, will result in immediate removal of my PTS certification designation.

see other certifications





Fitness Instructor Specialist



CPR/AED



Healthy Eating and Weight Loss Coach

QUESTIONS?

+ I don't live in Canada. Can I take the course?

+ Are the virtual courses recorded? Do I have to show up at the time indicated?

+ Do I have to take a course before taking the certification exam?

+ If I take the course, am I required to proceed to the exam?

+ When should I attempt the exam? What does the exam consist of?

+ I don't know whether to take Personal Training Specialist (PTS) or Fitness Instructor Specialist (FIS) – How do I choose?

+ What if I'm concerned about my fitness level? What kind of shape should I be in to take the certification course?

+ Can I work towards more than one certification at a time?

+ How do I register for courses or exams?

+ What is the passing mark for the exams?



+ **How long do I have to complete my exams?**

+ **How do I book my practical exam?**

+ **How much will it cost to take a course, exam, and buy the manual? Are all of these items mandatory?**

+ **Do I need to work with multiple organizations to certify?**

+ **How current are the training materials? When was the manual written or last revised?**

+ **How do I recertify?**

+ **What happens if I forget, or am not able, to recertify?**

+ **What kind of CPR do I need to become certified?**

+ **Why is CPR required to be renewed annually?**

+ **Can I change the date of my course/exam? What are the cancellation policies?**

+ **What happens if my PRO TRAINER cancels the course?**

+ **How long will it take for my course materials to arrive?**

+ **Can I receive a refund for my course materials?**

+ **How will I receive my certification documentation once I pass my exams?**

+ **What if I have more questions?**





- [About Us](#) +
- [Get Certified](#) +
- [Continuing Education](#) +
- [Events 2022](#) +
- [Membership](#) +
- [Fitness Business](#) +
- [Career Centre](#) +

