

CFES Fitness Knowledge Home Study Course

The FNHC is hosting the Fitness Knowledge Home Study Course through Douglas College. Please let me know if you or someone from your community is interested in registering in this course. There has been lots of interest and we would like to offer the course first to ten candidates from interested First Nations communities throughout BC. The participants must be very self-motivated so that each seat is utilized and that each participant is successful in completing the program.

The First Nation participants will be brought together at the end for a review session (location and date to be determined) and to write the exam. Therefore, each participant must complete the course by August 1, 2009 and then attend the review session August 9-11th in person to complete the course.

It is extremely important that this program is a success, therefore, Douglas College will also provide a tutor accessible by phone. ***The First Nation candidates that we seek to enrol in this first program must have a background in sports, recreation or fitness either as a student, instructor, coach, or athlete.*** As well, each registrant must have their first aid and CPR. Exceptions will be made if the course is not in your area but the certificates must be completed by August 1, 2009.

Once you have completed this course you will be seen as a fitness leader for your community, and we would welcome you to assist the First Nations Health Council to offer the course to other community members and to be a mentor.

Please let me know if the timing for this course works for you, and if you are still interested. Please see below for more details. Whether or not you participate in this course, please - I can still be of assistance to your community in developing fitness programs in your area.

This is a great step towards building fit communities and we look forward to building relationships with fitness leaders.

CFES Fitness Knowledge Home Study Course

Who is this program for?

- * anyone looking to start a career in the fitness industry, this is the first step in the registration process.
- * anyone interested in learning more about exercise, nutrition, active living.
- * beginners to advanced exercise enthusiasts wanting to learn
- * how to exercise effectively at the gym, at home, traveling or on vacation.
- * professionals in the medical, healing fields.
- * teachers and coaches.

What do I learn?

- * the majority of your bones and comprehensive variety of muscle groups.
- * joint actions and muscle movement.

- * how your heart and lungs function.
- * how to burn fat, develop and maintain cardiorespiratory endurance.
- * how to shape, tone muscle, gain endurance, strength and or bulk.
- * how to develop, maintain joint flexibility and postural alignment.
- * a variety of exercise ideas.
- * principles of safety in exercise.
- * principles of nutrition and common interest topics.
- * how to set up exercise and active living programs for yourself and others.
- * how to start a career in the fitness industry.

What do I receive?

- * comprehensive Student Resource Manual.
- * Home study Program Booklet, open book exam, excellent study guide for NFLAC exams.
- * toll-free phone tutor.
- * marking home study program.
- * CFES nationally recognized Certificate of Completion, home study exam returned.

How does the program work?

1. Register and receive the program.
2. Choose a variety of optional learning exercises.
3. Tutor assistance provided through our toll free lines.
4. Complete the exam, copy and mail it. The exam is marked and returned within three weeks of the receiving date. Students have up to one year from date of registration to complete the exam.
5. No one 'fails' the program. If you receive 79% or less on an exam section, you will be asked to redo the incorrect questions for a nominal remarking fee.
6. All successful students receive marked exam and nationally recognized CFES certificate.

This course is BCRPA recognized.

Term Date: May 1 to August 1, 2009

For more information see:

<http://www.douglas.bc.ca/programs/continuing-education/programs-courses/sport/fitness-education/douglascollegesports.html>

If you are available and interested please let me know as soon as possible and I will send you a registration form. The First Nations Health Council will pay for the tuition fees, however, if the course is not completed by August 1, 2009 the participant will not be able to attend the review session or write the exam. The review session travel expenses and exam will also be sponsored for each participant who completes the course by August 1, 2009.

Please do not hesitate to contact me for any more information.

All my Relations,

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