

# Personal Trainer Certificate Program



MaKami College offers a Personal Trainer Certificate Program for those looking to work as personal trainers in the fitness industry.

We are a public, post-secondary college located in Alberta, Canada. We are included in the Government of Canada's List of Designated Learning Institutions.

## About the Program

MaKami College's Personal Trainer Certificate Program is a 1-year, full-time program that prepares students to help their clients achieve health and wellness goals by designing safe and achievable exercise programs and advocating health and wellness over a lifetime.

This flexible program is offered in a blended format, with a mix of online courses, in-person classes, workshops and practicum. Includes access to our state-of-the-art onsite fitness facility.

The program includes 135 hours of practicum training, allowing you to get real life experience and training you can include in your resume before you graduate.

## Learning Outcomes

Students will incorporate and apply fundamental human anatomy and physiology to fitness training, demonstrate best practices in body mechanics, ergonomics, injury prevention and safety, assess, design and adapt exercise programs to help clients reach their fitness goals and advocate health and wellness over a lifetime.

Business portions will help students attract and retain clients, outline operational considerations for a variety of fitness related business models and help students apply business development techniques to grow and enhance the fitness industry.

## School Supplies

Students will receive the following materials when they start the Personal Trainer Program:

- Brand new iPad pre-loaded with all the textbooks, learning apps and online resources required for your program
- American Council on Exercise (ACE) book

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1-Year  
Blended  
Program

## Student Services

We know being a student can be challenging - that's why MaKami offers full support services for our students from the time they enroll to when they are established alumni.

Each student at MaKami College has access to the Student Advisory Services (SAS) department and the Strategic Academic Learning Team (SALT).

### International Tuition Costs

\$22,320 CAD

### Standard Admission

- Minimum 17 years old
- Successful interview with school administration
- Alberta high school diploma or non-Alberta equivalent
- Meet English Language Proficiency Criteria

### Mature Admission

- Minimum 18 years old
- Successful interview with school administration
- Successful completion of a Wonderlic equivalency
- Meet English Language Proficiency Criteria

For additional information please check your International Student Package.

Edmonton: 780.468.3454 #137, 8330 - 82 Ave Edmonton, AB

Calgary: 403-474-0772 1600 - 3800 Memorial Drive NE Calgary, AB