

Press Release: Immediate, January 10, 2014

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8th Edition CFES Weight Training Instructor Course Resources Released

SUMMERLAND, B.C. — Canadian Fitness Education Services Ltd. (CFES) has published the 8th edition CFES Weight Training Instructor Course manual, program booklet and collateral educator resources.

The CFES Weight Training Instructor Course is a practical course designed to teach foundation leadership skills for instruction of basic weight training programs and enable candidates to become nationally certified Weight Training Instructors.

The new 8th edition CFES Weight Training Instructor Course manual has been expanded to 254 pages to include: a review of exercise anatomy and physiology; equipment usage; exercise analysis; training principles, instructional skills and program design for a variety of ages and stages; health screening, fitness testing and exercise safety; communication skills practiced; and professional ethics and scope of practice.

The accompanying course program booklet (254 pages) contains a variety of chapter learning activities, quizzes, assignments, labs and case studies to provide candidates with practical tools that are learner-friendly and academically credible; as well as practicum, skills assessment and certification completion protocols and forms.

CFES has also released its revised course conductor Educator Kit, making setting up courses easy with simple-to-use guidelines. The comprehensive 334 page Educator Kit includes: detailed course agenda and chapter learning objectives, teaching tools and labs; assignments, quizzes and end-of-course exams with master answer keys and course and certification protocols and completion forms. The supplemental 334-slide PowerPoint complements the hard copy kit for course conductors to use in the classroom.

The Weight Training Instructor Course has been developed to meet CFES national weight training instructor certification guidelines and includes ample teaching opportunities for the student within the course and practicum (pre-study, pre-assignments, homework and practicum assignments, open book exam) in preparation for the CFES national certification closed book exam and skills assessment.

CFES also publishes the CFES Fitness Knowledge Course, Aquafit Instructor Course, Group Fitness Instructor Course, and Personal Trainer Course resources for students and educators.

As well as providing national fitness instructor and personal trainer certification, CFES is an IDEA Fitness Connect Certification Verification Partner. CFES resources are also recognized by a variety of specialized fitness leadership agencies, including: the Canadian Aquatics

Leaders Alliance; the Canadian Personal Trainers Network, and National Fitness Leadership Alliance.

CFES programs are also integrated within college continued education and health and fitness diploma programs in Canada; and as an addendum to university health and exercise sciences programs for job-ready graduation credentialing.

The CFES Fitness Knowledge Course is approved by the Massage Therapist Associations of B.C., Alberta and Saskatchewan for credits for Continuing Education/Professional Development.

CFES resources are also recognized by the BC Ministry of Education and Alberta Education and utilized in individual Ontario Board Authorized high school physical education credit courses grades 9 to 12 students. The CFES Fitness Knowledge Course is listed in both the BC Min. Of Ed's Integrated Resource Package and highlighted in their Grade Collection for meeting the most learning outcomes for PE 10/12 students and on Education Alberta's Learning Centre.

Since 1980 thousands of students have appreciated the CFES approach to fun, challenging and rewarding classroom courses, home-study programs, workshops and conferences. For more information on CFES courses and resources visit www.canadianfitness.net , email us at cfes@telus.net , or call toll-free 1-877-494-5355.

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