



Personal Training

ACS (JYC.08)



ABOUT TAV COLLEGE

Born 25 years ago from a strong desire to provide the community with education and training, TAV has developed into a comprehensive college, offering courses to a large multi-ethnic body of students. From its beginning as an affiliate of Champlain College, TAV College is now a private CEGEP recognized and accredited for subsidies from the Quebec Ministry of Education.

EMPLOYMENT PERSPECTIVES

Fitness instructors work in facilities offering individual or group fitness activities or are provided with infrastructures facilitating the organization of such activities. The presence on the market place of many fitness centers, recreational and tourist complexes, municipal centers, and residential establishments give evidence of this reality. They can also work within businesses or organizations wishing to promote physical activity and offer various services. The sectors covered by this certification are bound by the type of clientele involved: individuals: any individual seeking advice, coaching and support in his approach to fitness; public groups or businesses: any business or community group seeking to support its staff in their approach to fitness.

ABOUT THE PROGRAM

This study program aims to train fitness instructors whose role is to promote physical activity and health, and are able to serve a varied clientele; collect relevant information; develop a training program based on the physical ability of the individual; implement and lead fitness activities; participate in the implementation of follow-up mechanisms on the clientele; promote health towards consumers.

Tav college

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Courses

Session 1

- 144-803-MO Introduction to the Profession 45h
- 144-814-MO Function Anatomy 60h
- 144-824-MO Elements of Applied Physiology 60h
- 391-834-MO Room Exercises with or without Equipment 60h
- 144-843-MO Elements of Applied Pathology 45h
- 391-853-MO Fitness Level Assessment 45h

Session 2

- 391-864-MO Training Programs 60h
- 391-873-MO Supervision of Individual and Group Activities 45h
- 144-883-MO Adapted Interventions 45h
- 391-893-MO Preparation for the Labour Market 45h
- 391-8A3-MO Aquatic Activities 45h
- 391-8B3-MO Outdoor Activities 45h
- 391-8BI-MO Internship 270h

Admission Requirements

In order to be admitted to an Attestation of College Studies (ACS), students must demonstrate they have the ability to undertake college studies. They must also meet one of the following conditions:

1. have interrupted his or her studies for at least two consecutive terms or one school year
OR
2. be covered by an agreement between the College and an employer or by the College and a government program;
OR
3. have completed at least one year of post-secondary studies spread over one year or more.

To learn more visit the TAV College website: tav.ca

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