

### Choose your courses

#### Full time

You can complete your program in two years by registering for courses as the are listed in the sample schedules on page 3.

To maintain full time status, you must register for a minimum of:

<b>Fall and winter</b>	3 courses
<b>Spring</b>	2 courses

#### Part time

If you prefer to take the program at a slower pace, you can register for as many or as few courses each semester as suits you by following these steps:

1. Review your mruGradU8 profile ([MyMRU](#) > My Program > mruGradU8) to see your current, completed and required courses. Make note of the courses you still need to complete.
2. View the course list in this guide to see when your remaining courses are offered. It is recommended to prioritize courses that are prerequisites for others in futures semesters.

### Get registered

Once you've chosen your courses, you can register through [MyMRU](#). See the [Course Registration Tutorial](#) for step-by-step instructions.

Stay informed about add/drop dates, withdrawal dates, and other registration timelines through the [Critical Dates Calendar](#).

### Instructional methods

<b>Lecture (LEC):</b>	In-person lectures are scheduled in a classroom. Typically scheduled during daytime, weekday hours.
<b>Blended (BL):</b>	A combination of in-person and online learning.
<b>Online (ON):</b>	Coursework is completed independently while keeping pace with scheduled assignments, quizzes, and exams. An instructor is available for questions. Final exams are proctored online through Proctor U (fees apply).
<b>Practicum (PRC):</b>	In-person in a partner fitness facility. Schedule is set between student and site supervisor.

### Need assistance?

Program planning	<a href="mailto:pft@mtroyal.ca">pft@mtroyal.ca</a> <a href="#">Book an appointment with your advisor</a>
Student loans	<a href="#">Financial Aid</a>
Academic accommodations	<a href="#">Access and Inclusion Services</a>
Learning support	<a href="#">Student Learning Services</a>
Registration	<a href="#">Office of the Registrar</a>
General support	<a href="#">Early Support</a>
Textbooks	<a href="#">Cougars Campus Store</a>

Subject	Course name	Fall	Winter	Spring	Prerequisites & Requirements	Hours	Minimum Grade
XPFT 21002	<b>Health Promotion &amp; Training</b>	BL	ON		None	48	C
XPFT 20001	<b>Human Anatomy</b>	ON or LEC	ON or LEC	ON	None	48	C
	<b>Human Anatomy Lab</b>	ON	ON	ON		48	
XPFT 20104	<b>Effective Communication</b>	LEC	ON		None	48	C
XPFT 21001	<b>Health and Wellness</b>	LEC	LEC		None	48	C
XPFT 21003	<b>Strength Training I</b>		LEC	LEC	None	48	C
XPFT 20401	<b>Fitness Program Design</b>		LEC	ON	XPFT or X BIO 20001 Human Anatomy	48	C
XPFT 20002	<b>Human Physiology</b>	ON or LEC	ON or LEC	ON	None	48	C
	<b>Human Physiology Lab</b>	ON	ON	ON		48	
XPFT 21004	<b>Introductory Nutrition</b>	ON	ON	ON	None	48	D
XPFT 20200	<b>Exercise Physiology</b>	LEC		ON	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology	48	C
XPFT 20201	<b>Applied Movement Mechanics</b>	ON		LEC	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology	48	C
XPFT 21005	<b>Practicum I</b>		PRC	PRC	XPFT 20104 Effective Communication XPFT 21002 Health Promotion & Training Standard First Aid/CPR C	50	EP
XPFT 20300	<b>Principles &amp; Methods of Training</b>	LEC	ON		XPFT 20201 Applied Movement Mechanics XPFT 20200 Exercise Physiology	48	C
XPFT 22002	<b>Injury Prevention &amp; Care</b>	LEC			XPFT 20001 Human Anatomy Standard First Aid/CPR C	48	C
	<b>Injury Prevention &amp; Care Lab</b>					32	
XPFT 22003	<b>Strength Training II</b>	LEC			XPFT 21003 Strength Training I	48	C
XPFT 22001	<b>Growth &amp; Motor Development</b>	LEC	ON		None	48	C
XPFT 22005	<b>Special Populations – Older Adults</b>		LEC		None	48	C
XPFT 22004	<b>Special Populations – General</b>		LEC	ON	XPFT 20200 Exercise Physiology	48	C
XPFT 20402	<b>Leadership Development</b>		LEC	ON	XPFT 20104 Effective Communication	48	C
XPFT 22006	<b>Practicum II</b>		PRC	PRC	XPFT 21005 Practicum I XPFT 22002 Injury Prevention & Care XPFT 20300 Principles & Methods of Training XPFT 20401 Fitness Program Design Standard First Aid/CPR C	50	EP
XPFT 20400	<b>Fitness Appraisal &amp; Lifestyle Counseling</b>	LEC		LEC	XPFT 21005 Practicum I XPFT 22006 Practicum II	48	C
XPFT 20600	<b>Business Management &amp; Marketing</b>	ON		LEC	None	48	C
XPFT 22007	<b>Psychology of Exercise</b>	ON		LEC	None	48	C

LEC = Lecture    ON = Online    BL= Blended    PRC = Practicum

# Two-year Sample Schedules

## PERSONAL FITNESS TRAINER DIPLOMA

### FALL START

#### YEAR 1

**Fall** XPFT 21002 Health Promotion and Training  
 XPFT 20001 Human Anatomy  
 XPFT 20104 Effective Communication  
 XPFT 21001 Health and Wellness

**Winter** XPFT 21003 Strength Training I  
 XPFT 20401 Fitness Program Design  
 XPFT 20002 Human Physiology  
 XPFT 21004 Introductory Nutrition

**Spring** XPFT 20200 Exercise Physiology  
 XPFT 20201 Applied Movement Mechanics  
 XPFT 21005 Practicum I

#### YEAR 2

**Fall** XPFT 20300 Principles and Methods of Training  
 XPFT 22002 Injury Prevention and Care  
 XPFT 22003 Strength Training II  
 XPFT 22001 Growth and Motor Development

**Winter** XPFT 22005 Special Populations – Older Adults  
 XPFT 22004 Special Populations - General  
 XPFT 20402 Leadership Development  
 XPFT 22006 Practicum II

**Spring** XPFT 20400 Fitness Appraisal and Lifestyle Counselling  
 XPFT 20600 Business Management and Marketing  
 XPFT 22007 Psychology of Exercise

### WINTER START

#### YEAR 1

**Winter** XPFT 21002 Health Promotion and Training  
 XPFT 20001 Human Anatomy  
 XPFT 20104 Effective Communication  
 XPFT 20002 Human Physiology

**Spring** XPFT 21003 Strength Training I  
 XPFT 20401 Fitness Program Design  
 XPFT 21005 Practicum I

**Fall** XPFT 20200 Exercise Physiology  
 XPFT 20201 Applied Movement Mechanics  
 XPFT 22002 Injury Prevention and Care  
 XPFT 22003 Strength Training II

#### YEAR 2

**Winter** XPFT 20402 Leadership Development  
 XPFT 20300 Principles and Methods of Training  
 XPFT 22005 Special Populations – Older Adults  
 XPFT 22004 Special Populations - General

**Spring** XPFT 20600 Business Management and Marketing  
 XPFT 22007 Psychology of Exercise  
 XPFT 22006 Practicum II

**Fall** XPFT 22001 Growth and Motor Development  
 XPFT 20400 Fitness Appraisal and Lifestyle Counselling  
 XPFT 21004 Introductory Nutrition  
 XPFT 21001 Health and Wellness