

Level 1 Assistant Fitness Instructor

Online Course





L1 Assistant Fitness Instructor



Who is this course for?

People with Developmental Disabilities

This course is available to people with developmental disabilities who want to explore a career in fitness as a Let's Go Fitness Assistant Instructor.

About Let's Go Fitness

Our Mission

To transform the lives of people with diverse abilities through fitness.

Our Beliefs

We believe inclusion is essential at all levels. We help our community level up.

Our Why

Founded by families of people with diverse abilities for people with diverse abilities.



Online Course Details

**Monday, Wednesday, Friday
@ 6:00 PM EST**

Classes will be up to one hour in length.
Classes will be held online and led by a
Certified Adaptive & Inclusive Fitness
Instructor and Personal Trainer

4 Weeks

3 x per week, up to 60 minute classes
for 4 weeks

Date

September 19th, 2022 to October 14th, 2022

*NOTE: October 10th is a Canadian Holiday, this class
will be rescheduled to Tuesday, October 11th, 2022*

Course Overview



General Description

A 4-week online teacher-led program on how to be a successful online fitness instructor with Let's Go Fitness. Participants will learn valuable workplace and employment skills, be able to use equipment, and demonstrate exercises in an online class setting, safely and effectively. After successful completion, participants receive an LGF Level 1 Instructor Certification and Certificate.



Requirements

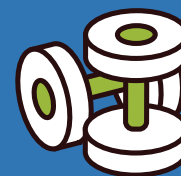
Must be 18 years to participate.
No previous experience is required.
Parent/Guardian signature required upon registration.

Course Objectives



Objective 1

Learn valuable workplace /
employment skill sets



Objective 2

Learn various exercises, how to move
properly, and use equipment safely
and effectively



Objective 3

Demonstrate various exercises
properly, safely and effectively in a
class setting

Course Participation



Participation

All participants **MUST** attend every class, participate in the class, be respectful to the teacher and kind to fellow participants



Quiz

The course will end with a 1 on 1 online Teacher-led quiz that must receive a **PASS** to qualify for further opportunities within Let's Go Fitness



Passing

A pass is considered 75% or greater. Physically impaired/restricted participants will receive customized testing according to their physical needs/abilities.

Course Participation Policies

Attendance

Participants **MUST** attend all classes to qualify to pass the course

Food & Drink

No food is permitted in class unless required for a medical reason. Drinks are limited to healthy options such as water or soda water

Proper Attire & Equipment

All participants must bring a light pair of dumbbells, and wear appropriate and comfortable exercise clothing and running shoes

Use of Electronic Devices

Electronic devices are not permitted in class, with the exception of:

- 1) the device used to access zoom to attend the class
- 2) the device is a support aid

Course Outline

- ✓ DAY 1: Course Discussion Topics, Q & A
- ✓ DAY 2: Lower Body: Squat + variations, Lunge + variations
- ✓ DAY 3: Lower Body: Hinge, Glute, Deadlift + variations
- ✓ DAY 4: Review Course Discussion Topics, Q & A+ exercises from previous week
- ✓ DAY 5: Back exercises + variations, Chest exercises + variations
- ✓ DAY 6: Shoulder exercises + variations
- ✓ DAY 7: Review Course Discussion Topics, Q & A+ exercises from previous week
- ✓ DAY 8: Biceps + variations, Triceps + variations
- ✓ DAY 9: Core exercises + variations, Cardio + variations
- ✓ DAY 10: Review Course Discussion Topics, Q & A+ exercises from previous week
- ✓ DAY 11: Quiz preparation - review Day 1, Day 2 and Day 3 of course
- ✓ DAY 12: Quiz preparation - review Day 4 through Day 9

Course Discussion Topics

Ethics, Roles & Responsibilities

Review appropriate vs inappropriate behaviors in the workplace, adapting to change, roles and responsibilities in class and within LGF, respecting coaches and athletes, relationships with staff and athletes, learning LGF's KINDNESS CODE

Expectations

Understand attendance and absence policies, professionalism, positivity, attitude, timely and appropriate communication with staff and management

Problem Solving

Discuss scenarios and troubleshooting challenging issues such as bullying, inappropriate behavior, emergency situations, personal feelings/concerns and how/when to appropriately discuss them

Presentation and Setup

Learn LGF Uniform requirements, camera and setup skills, troubleshooting tech issues (poor connection, zoom link not working), acceptable food, drinks, and electronic devices while working

Course Discussion Topics

Inclusion

What does that mean in fitness and why do we need to “adapt” or “modify”?
(hint: so, everyone can participate!)

Equipment

Learning different kinds of equipment, how to use equipment safely

Adapting / Modifying

Learning different ways to do an exercise

LGF Cheer

Practicing the LGF cheer, loud and clear!

Register for this course

Visit our website

www.letsgo.fit

Have questions? Contact us!

Toll Free Number

1-888-601-4347

Email Address

hello@letsgo.fit

Visit us on Social Media



Facebook

[@letsgofitnessonline](https://www.facebook.com/letsgofitnessonline)



Instagram

[@letsgofitnessonline](https://www.instagram.com/letsgofitnessonline)



Twitter

[@letsgofitness2](https://twitter.com/letsgofitness2)

Frequently Asked Questions

✓ **What happens once I pass the course?**

You will receive a certificate of completion, and offered a co-op position with LGF

✓ **Will I get a job right away?**

New L1 instructors will have to complete and pass the co-op program to be eligible for hire

✓ **What happens if I don't pass?**

You can take the next available course at a discounted rate, you can participate as many times as necessary at a discounted rate

✓ **Are there paid opportunities?**

YES! once L1 and co-op have successfully been completed and passed, you are eligible to apply for a paid Instructor position

✓ **Is this course acknowledged outside of Let's Go Fitness? NOT at this time, but we are working towards that goal for the future**

✓ **Can I take Level 2 and Level 3?**

Once L1 and the co-op program have been successfully completed and passed, you are eligible for L2.

✓ **When is the next course?**

You can check our social media, website or contact us to find out!

Terms & Conditions

Cancellations & Refunds

This course is non-refundable unless canceled by Let's Go Fitness.
If canceled by the host a full refund will be given

Certification

Participants are not guaranteed a certificate upon completion of the course, a grade of 75% or greater is required to pass the course

Attendance

Attendance is mandatory to qualify to pass the the course

Kindness Code

LGF has a strict Kindness Code. Any violation of the Kindness Code may result in expulsion from the course, no refunds will be given

Waiver of Liability

- In full consideration of the risk of injury while participating in this course, and for the right to participate in this course, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily participate in this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in this course, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any kind of risks related to participating in this course, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness disfigurement, temporary or permanent disability, economic or emotional loss, and death.
- I acknowledge that I have carefully read this clause and fully understand that it is a release of liability. By participating in this course I expressly agree to release and discharge the trainer or instructor from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action for personal injury or property damage.