

Program Planning Guide

PERSONAL FITNESS TRAINER DIPLOMA

Let's get started! Use this guide to:



PLAN YOUR COURSE SCHEDULE



REGISTER FOR COURSES



ASK FOR HELP WHEN YOU NEED IT



Course Selection and Registration



CHOOSE YOUR COURSES

You can complete your program in 2 to 6 years, depending on how many courses you take each semester.

To simplify scheduling your courses, follow one of the sample schedules on [page 5](#) of this guide.

To plan your own schedule:

1. Review your mruGradU8 profile ([MyMRU](#) > My Program > mruGradU8) to see your current, completed, and required courses. Note the courses you still need to complete.
2. View the courses list on [page 4](#) of this guide to see when your remaining courses are offered.

TIPS

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

Fall and Winter Semesters	3 courses
Spring Semester	2 courses

Exceptions may apply. We recommend connecting with [MRU Financial Aid](#) for guidance.

- Prioritize courses that are prerequisites for others.
- A minimum grade of C (63%) or Experiential Pass (EP) is required to meet prerequisite and graduation requirements. See your course outlines for details.
- **International students:** You may have additional factors to consider when choosing your courses. We strongly recommend regular advising appointments and connecting with the [International Education Office](#) for guidance.



REGISTER FOR COURSES

Once you've chosen your courses, you can register through [MyMRU](#).

See the [Course Registration Tutorial](#) for step-by-step instructions.

TIPS

- For XPFT 20001 Human Anatomy and XPFT 20002 Human Physiology, you need to register for all three linked sections (lecture, lab, and tutorial) corresponding to your preferred section. Section 001 (online) and 003 (in-person) are restricted for Personal Fitness Trainer students.
- Use the [Critical Dates Calendar](#) to stay informed about add/drop dates, withdrawal dates, and other registration timelines.

Course Delivery Modes



PRACTICUM (PRC)

- ◆ In-person at a partner fitness facility.
- ◆ The course hours are scheduled between the student and practicum supervisor at the fitness facility.



ONLINE (ON)

- ◆ Courses use Mount Royal's learning management system, [D2L Brightspace](#), for accessing materials, participating in discussion boards, and completing assignments according to the course schedule.
- ◆ Instructor-facilitated online courses have set start and ends, and have specific deadlines for assessments.
- ◆ There are no scheduled times or days to attend online lectures; coursework is completed independently online.
- ◆ Final exams are proctored online through ProctorU, and additional fees apply.



BLENDED (BL)

- ◆ Combination of scheduled in-person lectures and independent online coursework.



LECTURE (LEC)

- ◆ The entire course is delivered in person on specified days and times.
- ◆ Lecture courses are typically scheduled during daytime, weekday hours.
- ◆ Course materials are administered through D2L Brightspace.

Course	Fall	Winter	Spr / Sum	Hours	Pre-requisite (s)
XPFT 21002 Health Promotion & Training	BL	ON		48	None
XPFT 20001 Human Anatomy	ON or BL	ON or BL	ON	48	None
Human Anatomy Lab				48	
XPFT 20104 Effective Communication	LEC	ON		48	None
XPFT 21001 Health and Wellness	LEC	LEC		48	None
XPFT 21003 Strength Training I		LEC	LEC	48	None
XPFT 20401 Fitness Program Design		LEC	ON	48	XPFT 20001 Human Anatomy
XPFT 20002 Human Physiology	ON or LEC	ON or LEC	ON	48	None
Human Physiology Lab				48	
XPFT 21004 Introductory Nutrition	ON	ON	ON	48	None
XPFT 20200 Exercise Physiology	LEC		ON	48	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology
XPFT 20201 Applied Movement Mechanics	ON		LEC	48	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology
XPFT 21005 Practicum I		PRC	PRC	50	XPFT 20104 Effective Communication XPFT 21002 Health Promotion & Training Standard First Aid/CPR C
XPFT 20300 Principles & Methods of Training	LEC	ON		48	XPFT 20201 Applied Movement Mechanics XPFT 20200 Exercise Physiology
XPFT 22002 Injury Prevention & Care	LEC			48	XPFT 20001 Human Anatomy Standard First Aid/CPR C
Injury Prevention & Care Lab				32	
XPFT 22003 Strength Training II	LEC			48	XPFT 21003 Strength Training I
XPFT 22001 Growth & Motor Development	LEC	ON		48	None
XPFT 22005 Special Populations - Older Adults		LEC		48	None
XPFT 22004 Special Populations - General		LEC	ON	48	XPFT 20200 Exercise Physiology
XPFT 20402 Leadership Development		LEC	ON	48	XPFT 20104 Effective Communication
XPFT 22006 Practicum II		PRC	PRC	50	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
XPFT 20400 Fitness Appraisal & Lifestyle Counselling	LEC		LEC	48	XPFT 21005 Practicum I Pre/Co-requisite: XPFT 22006 Practicum II
XPFT 20600 Business Management & Marketing	ON		LEC	48	None
XPFT 22007 Psychology of Exercise	ON		LEC	48	None



SAMPLE SCHEDULES

- Sample schedules provide a path for cumulative learning and suggest complementary courses for each semester.
- These samples can either be followed or used as a starting point to create your own schedule.
- You can choose to take as many or as few courses each semester as fits your needs. However, student loans may require you to maintain a minimum course load.

Fall Start 2-YEAR SCHEDULE

	YEAR ONE	YEAR TWO
Fall (Sept–Dec)	Health Promotion and Training Human Anatomy Effective Communication Health and Wellness	Principles and Methods of Training Injury Prevention and Care Strength Training II Growth and Motor Development
Winter (Jan–Apr)	Strength Training I Fitness Program Design Human Physiology Introductory Nutrition	Special Populations – Older Adults Special Populations - General Leadership Development Practicum II
Spring (May–June)	Exercise Physiology Applied Movement Mechanics Practicum I	Fitness Appraisal and Lifestyle Counselling Business Management and Marketing Psychology of Exercise

Winter Start 2-YEAR SCHEDULE

	YEAR ONE	YEAR TWO
Winter (Jan–Apr)	Health Promotion and Training Human Anatomy Effective Communication Human Physiology	Leadership Development Principles and Methods of Training Special Populations – Older Adults Special Populations - General
Spring (May–June)	Strength Training I Fitness Program Design Practicum I	Business Management and Marketing Psychology of Exercise Practicum II
Fall (Sept–Dec)	Exercise Physiology Applied Movement Mechanics Injury Prevention and Care Strength Training II	Growth and Motor Development Fitness Appraisal and Lifestyle Counselling Introductory Nutrition Health and Wellness



STUDENT SERVICES

MRU has a wide variety of services and resources to help you through your post-secondary journey.

Students who reach out early and often have the best chance of success in their program.



YOUR PROGRAM ADVISOR

Contact your program advisor to check your progress, plan your registration, and discuss strategies for success.

OLANIYI AYODELE

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[Book an appointment](#)



FREQUENTLY USED STUDENT SERVICES

Financial Aid	Student loans
Access and Inclusion Services	Academic accommodations
Student Learning Services	Learning support
Office of the Registrar	Registration
Early Support	General support
Cougars Campus Store	Textbooks & course supplies
Career Services	Resume and interview help
A-Z Services	All Services