

Personal Training Specialist or Registered Massage Therapist

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Personal Trainer

What it takes to become a Personal Training Specialist – Through Can Fit Pro you need to become a member of the company, complete online course, In-class course, a written and practical examination, \$458. You also need valid First Aid and CPR, 64\$. Every year you need to maintain valid CPR First Aid, complete at least 4 CEU's and renew your Can Fit Pro Membership.

What a Personal Training Specialist does (http://www.canfitpro.com/default_eng.htm) –

- Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Trainer Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals.
- Confirm that clients have completed the Physical Activity Readiness Questionnaire (PAR-Q developed by Health Canada), and then provide an individualized training session to apparently healthy individuals who have no known major medical conditions.
- Monitor client resting and exercise heart rate and blood pressure regularly.
- Develop a client specific exercise plan within your level of ability and progress to more advanced training techniques with clients once the proper competency has been achieved.
- Modify all client exercise technique as needed to strive for optimal individual biomechanical effectiveness.
- Promote the benefits of regular physical activity and a balanced lifestyle combined with a healthy diet using Canada's Physical Activity Guide as a reference.
- Provide generalized advice on nutrition based on Canada's Food Guide. Individuals who require more specific advice on diet and supplements must be referred to a qualified nutrition professional.
- Answer general questions for participants on injuries or discomforts related to exercise. All injuries must be diagnosed and treated by a qualified medical professional.
- Provide emergency care based on the participant needs (contact EMS, provide Emergency First Aid or CPR).

How Much Money Can you make – Depending on where you work. The YMCA will pay a little more than from minimum wage. Some Specialized trainers can make upwards 100 dollars an hour, but they aren't the ones that just have the weekend course. They have university or collegiate education.

How Far can you go with Personal Training Specialist – Through Can Fit Pro there are many specialty courses you can further advance your knowledge but without university or college you are limited to how far you can develop.

Why Become a Personal Training Specialist – The name is important to some fitness centers, and it is a nice introduction to a health and fitness career which you can progress to university and or college.

Registered Massage Therapist

What it takes to become a Registered Massage Therapist – At Sir Sanford Fleming you need 2 English and Science (grade 11 or 12) and an OSSD to get in – College tuition is \$1853 per semester; 6 successful semesters to graduate college (very intense); then a written and practical MOCK Registration exams before college recommends you to the CMTO for registration – After College – Written and Practical Government legislated Tests \$925, Annual CMTO Registration \$425, Professional Liability Insurance \$150-\$200, 20 type A CEUs and 10 type B CEUs per three years, follow and adhere to Bylaws, Policies, Position Statements, Massage Therapy Act, Guidelines and Bulletins, Scope of Practice, and Code of Ethics.

What a Registered Massage Therapist Does –

Massage Therapy Scope of Practice

The practice of massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

(Massage Therapy Act, 1991)

Employment opportunities vary from work at Spas, with Chiropractors, with Physiotherapists, at Exercise facilities or Gyms, Sports teams, or work independently.

How Much Money Can You Make – Wages vary as well from as low as \$17 an hour to over one hundred dollars an hour.

How far can you expand with Massage Therapy – Hydrotherapy, Remedial Exercise are a part of massage therapy scope of practice. While specialized modalities you can study are - *Active Release, Acupressure, Acupuncture, Aquatic Massage Therapy, ANLI Assessments, Baths, Cold Packs, Cranial Sacral Therapy including Unwinding, Deep Connective Tissue, Deep Muscle, Esalen Tissue, Hot Packs, Hot Stone Therapy, Indie Head Massage, Infant massage, Integrative Manual Therapy, Joint Mobilization, Labour support, Lomi Lome, Manual Lymph Drainage, Meridian Massage, Muscle Energy, Myofascial Release, Neuromuscular Therapy, NISA, Orthobionomy, PNF, Reflexology, Remedial Exercise including exercise therapy, Rolfing, Shiatsu including Moxibustion, Sports Massage including athletic taping & bracing, Strain/Counterstrain, Structural Integration, Swedish, Traditional Thai / Thai Yoga, Massage, Trigger Point Therapy, Tui Na, Visceral Manipulation, Alexander Technique, Aromatherapy, Feldenkrais, Electrical therapy techniques including: IFC, TENS, Therapeutic Ultrasound, Pulsed High Frequency, Low Intensity, Laser Therapy, Guided Imagery, Healing Touch, Inhalation Therapy, Kinesiology, Meditation, Pilates, Reiki (1st degree only), Tai Chi, Therapeutic Touch, Touch for Health, Trager, and Yoga.*

Why become a Registered Massage Therapist – You would be a part of an excellent Regulated Health System where doctors and dentists are now colleagues. There are many modalities to keep the job interesting and always changing, as well opportunities seem to be endless. You really connect with your clients and provide a very effective service.