

- Reassures consumers that SPRA Fitness Leaders have met national (NFLA) standards
- Increases credibility and marketability as a fitness professional and promotes professionalism in the fitness industry
- Reduces liability risk for the leader and agency as SPRA Fitness Leaders receive \$2,000,000 in commercial general liability insurance coverage
- Provides standardization and consistency of leadership
- Creates public awareness and recognition of safe and effective practices for Fitness Leaders

## Benefits of Hiring a Certified Fitness Leader for Facilities

- Reassures consumers that SPRA Fitness Leaders have met national (NFLA) standards
- Increases credibility and marketability of the fitness industry and promotes professionalism of your agency
- Reduces liability risk for the agency

## Benefits of Requesting a Fitness Leader for the Public



SPRA is a member National Fitness Leadership Alliance (NFLA), a partnership dedicated to developing, promoting and recognizing the use of national guidelines and standards for fitness leadership and certification, leading to improved quality and safety.

### CONTACT US

For more information about the SPRA Fitness Leadership Certification Program contact:

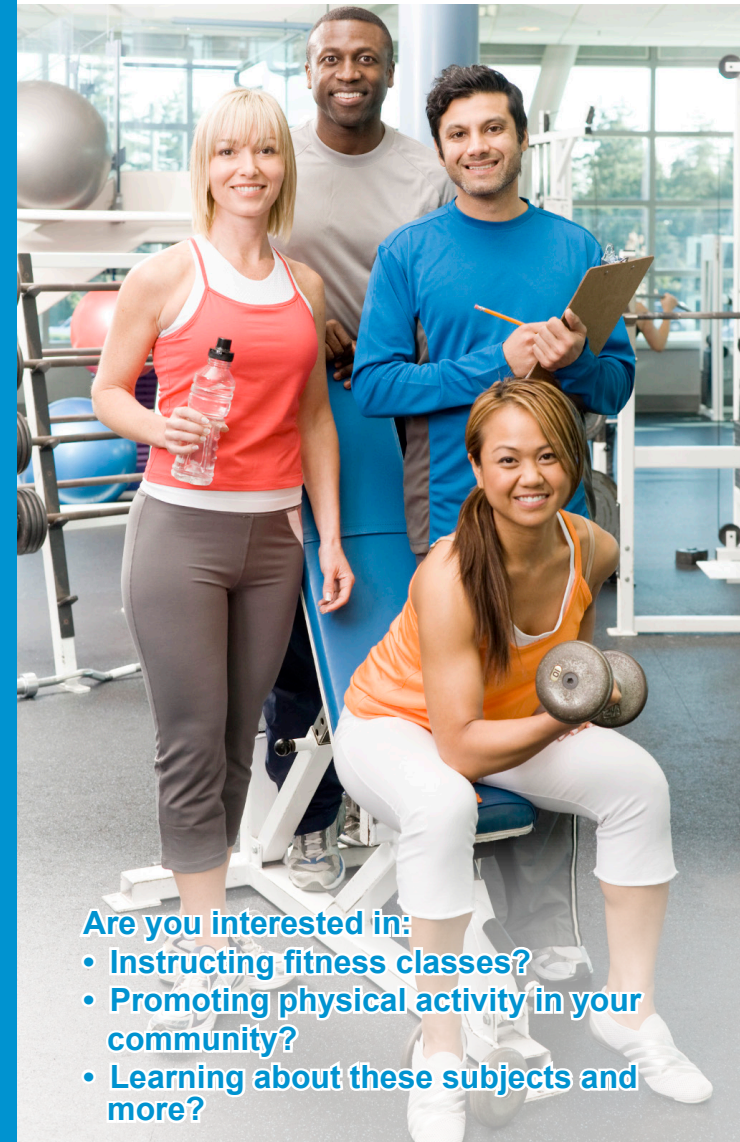
The SPRA Fitness Division  
 Phone: (306) 780-9470  
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 Website: [www.spra.sk.ca/fitness](http://www.spra.sk.ca/fitness)  
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SUPPORTED BY:



Saskatchewan  
Parks and Recreation  
Association

## FITNESS LEADERSHIP CERTIFICATION PROGRAM



Are you interested in:

- Instructing fitness classes?
- Promoting physical activity in your community?
- Learning about these subjects and more?

**THEN LOOK NO FURTHER.....**





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The Saskatchewan Parks and Recreation Association (SPRA) encourages all residents of Saskatchewan to lead a healthy active lifestyle. Our Fitness Division is the leader in the development of Fitness Leadership Certification and works to encourage increased participation in Fitness Leadership through training, education and promotion. The Fitness Leadership Certification Program certifies individuals to lead fitness classes across Saskatchewan.

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## Benefits of Earning a SPRA Fitness Leader Certification:

Provincially recognized and sanctioned Fitness Leadership Certification

- Reassures consumers that SPRA Fitness Leaders have met national (NFLA) standards
- Increases credibility and marketability as a fitness professional and promotes professionalism in the fitness industry
- Reduces liability risk for the leader and agency as SPRA Fitness Leaders receive \$2,000,000 in commercial general liability insurance coverage
- Provides standardization and consistency of leadership
- Creates public awareness and recognition of safe and effective practices for Fitness Leaders
- Access to continuing education opportunities
- National transferability
- Promotes active living opportunities in communities
- Agency recognition of certification
- Free subscription to the Active Living magazine
- Reduced rate to attend SaskFit, the annual Provincial Fitness Leadership Conference

## Requirements to Become a Certified Fitness Leader:

- Be 16 years of age or older
- Pay the annual SPRA Certification fee
- Pass the NFLA Exercise Theory Exam with a grade of 80% or better
- Attend a Certification Module (Group Exercise, Aquatic Exercise or Exercise for Older Adults)
- Complete the Certification Module exam and practical evaluation with a SPRA Course Conductor
- Provide proof of current Standard First Aid and CPR Level B or C according to SPRA policy