Fall 2023 FPCT Program Information and Requirements

**Deadlines:**
- **FPCT Application Due:** September 1st
- **Receipt of Certification Program:** September 8th
- **Mentors Assigned:** September 13th
- **Meet-and-greet:** September 15th 4:00pm Lagniappe

**Certification PASS:**
- December 1st (to teach/train in the spring) *must complete hire paperwork and i-9 verification before you leave for Winter Break.
- January 15th (to sub in the spring) *can start subbing when Hire Paperwork and i-9 verification is processed.

**Action Items**
1. Complete an [FPCT Application](#)
2. Select a certification program (See below for upcoming certifications; all others must be approved by Fitness Coordinator)
3. Send receipt of enrollment in program and request a mentor.
4. Attend meet-and-greet: September 15th 4:00 Lagniappe
   a. Optional: Attend bimonthly FitWell Staff Meetings and Workshops throughout the semester.

### Group Fitness

5. **Attend/Observ 4 classes**
   - Mentor/Instructor must sign off

6. **Complete Co-Teaching Modules:**
   - shadow teach or demonstrate at the front of class
   - state introductions and closing statements at the beginning and ending of your mentor’s classes,
   - help mentor with set up and clean up of class
   - lead the warm up
   - lead first 10-15 minutes of class.

### Personal Training

5. **Observe 3 personal training sessions or small group training sessions.**

6a. **Assist Mentor at 2 Fitness Assessments and Weight Room Orientation Events.**
   - Weight Room and Functional Fitness Gym tours
   - Lead Fitness Assessments
   - Learn to use the body composition equipment: BodyScript, blood pressure cuff, Omron Scale

6b. **1 mock training session with mentor**
7. **Certification.** Submit a copy of your certificate to once completed.

8. **Audition.**
   a. Personal Trainers will perform a mock session with the Assistant Director.
   b. Group Fitness Instructors will teach the fitness coordinator (and your mentor if possible) a 20-minute demo class. Schedule through Calendly.

9. **Get CPR Certified.** Register for a free CPR/First Aid for the Professional Rescuer we offer to employees here at the Reily Center. (This step can be done at any point during the FPCT program).

10. **Complete hire paperwork**
    o you will need **original documents**: either passport or birth certificate or SS Card along with Driver’s License.

**Upcoming Certifications:**
ACE Personal Trainer: Self study/Online study acefitness.org
ACE Group Fitness Instructor: Self study/Online study: acefitness.org
Les Mills* RPM- (Indoor Cycling) Cycling Studio, Reily Center: TBD
Les Mills* Bodypump- (Strength Training) Live-Virtual in Classroom 107, Reily Center- TBD
Les Mills* Bodycombat- (mixed martial arts inspired) Live-Virtual in Classroom 107, Reily Center- TBD

*Email fitness@tulane.edu for 45% off registration cost.

*Special Note for Les Mills certifications:
   - Les Mills Initial Trainings involve Pre-Work and post-work surrounding the initial trainings.
   - In the post work, instructors will submit a video of their class to LesMills Connect. Work with your mentor and Fitness Coordinator to select a time to film your submission. It will serve as your audition in step 6.