



FIT CHICKS® ACADEMY

# PRACTICAL HOURS GUIDELINES

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Fitness & Nutrition Expert Program

FIT CHICKS



## PRACTICAL HOURS OVERVIEW: Fitness & Nutrition Expert Program

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### **PART 1 - OBSERVATION REVIEWS**

*This portion of the practical hours can begin after the program starts*

#### **Observation / participation in a min of 2 fitness classes**

- Attend or volunteer at a min of 2 fitness classes of choice **OR** watch a min of 2 workout videos (you can also do a combo of both)
- After each class or video, please complete the “Observation Review Sheet” (please review this prior to attend event to ensure you know what to look for)
- The Observation Review Sheet can be found in the “Observation” folder of the Practical Hours downloadable file.
- Once complete, email to [assignments@fitchicks.ca](mailto:assignments@fitchicks.ca) with the title “Observation Reviews Sheet – Your Name”.
- Please submit both reviews together.



## **PART 2 – TEACHING GROUP FITNESS PRACTICAL HOURS**

### **Group Fitness Class Practical Hours**

- **Practice teach a minimum of 4 – 60 min classes.**
  - We want you to "practice" with family, friends and community members! They must know it is for a school course. You are not allowed to take payment or market as a class. Participants must complete the evaluation form.
- For each class your participants will be required to complete the "Practical Teaching Hours Evaluation Form" to give you feedback and help you evolve as an instructor.
  - You are required to download the evaluation forms and send to the participants after each class.
  - **You will need to submit a total of 8 forms (2 per class) by the completion of your Practical Teaching Hours.**
  - Once complete, email **all forms together in one email** to [assignments@fitchicks.ca](mailto:assignments@fitchicks.ca) with the title "YOUR NAME – Group Fitness Practical Teaching Hours Forms"
- **You are to teach the 4 FIT CHICKS® Signature Workouts** found in the "Group Fitness" folder of the Practical Hours downloadable file.
- Please note you are required to teach the entire 60 min workout.
- Email [fne@fitchicks.ca](mailto:fne@fitchicks.ca) regarding any questions about the workouts



## **PART 3 – PERSONAL TRAINING PRACTICAL HOURS**

### **Personal Training or Partner Training (ie. 2 people)**

- **Practice Personal Training for a min of 3 – 60 min sessions.**
  - You must complete the 3 Personal Training Workouts provided by FIT CHICKS including 2 upper body workouts and 1 leg day.
- There are 2 options
  1. If you are already certified and personal train, you can use towards the Personal Training Practical Hours. Participants must complete the evaluation form.
  2. If you are not certified, you can "practice" train with family and friends only and they must know it is for a school course. You are not allowed to take payment or market as a PT session. Participants must complete the evaluation form.
- For each Personal Training practical session participants will be required to complete the "Personal Training Practical Hours Evaluation Form" to give you feedback and help you evolve as a trainer.
  - You are required to download the evaluation forms and send to the participants after each class.
  - **You will need to submit a total of 3 evaluation forms by the completion of your practical hours**
  - Once complete, email **all PT forms together in one email** to [assignments@fitchicks.ca](mailto:assignments@fitchicks.ca) with the title "YOUR NAME – Personal Training Practical Hours Forms"
- Email [fne@fitchicks.ca](mailto:fne@fitchicks.ca) regarding any questions about the workouts



## **PART 4 – NUTRITION PRACTICAL HOURS**

### **Recipe development**

- **Create and write a healthy recipe for potential use on the FIT CHICKS Blog and/or FIT CHICKS social media.** If you do not want to use your real name, we can also include an alias.
- Based on your nutrition learnings from class, you must include photographs, macronutrient breakdown, serving sizes and additional tips to display your learning during the FNE program.
  - Please follow the template provided
- Once complete, email to [assignments@fitchicks.ca](mailto:assignments@fitchicks.ca) with the title “Practical Hours Recipe Development– Your Name”.
- Email [fne@fitchicks.ca](mailto:fne@fitchicks.ca) regarding any questions about the workouts