

Basic Fitness Training Assistant (BFTA) Course

The aim of the course is to teach military members how to become physical fitness training assistants who will work in conjunction with his/her unit and the PSP fitness staff to improve the fitness of his unit/school. The qualified BFTA will act as an effective liaison between his or her unit and PSP fitness staff at their specific location.

During this 2 week course you will learn how to

- Prepare lesson plans
- Inspect sports equipment and facilities
- Instruct basic group physical fitness
- Assist in physical fitness evaluations

You have to meet the following prerequisites to attend this course:

- Incentive-exempt in the CF EXPRES Program, or have successfully completed the LFCPFS (13-km wt load march and casualty evacuation) in the past 12 months
- Rank of Cpl. and above
- Currently qualified in Standard First Aid and CPR
- Medical standards:

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4	3	3	2	2	5
- Recommended by a unit CO and/or a Fitness and Sports Director

Course	Session	Location	Start Date	End Date	Language
112290BFTA	144	Esquimalt	06-Feb-12	17-Feb-12	
112290BFTA	145	Borden	23-Apr-12	04-May-12	English
112290BFTA	146	Borden	11-Jun-12	22-Jun-12	English
112290BFTA	147	Kingston	09-Jul-12	20-Jul-12	English
112290BFTA	148	Borden	13-Aug-12	24-Aug-12	French
112290BFTA	149	Gagetown	10-Sep-12	21-Sep-12	English
112290BFTA	150	Halifax	15-Oct-12	26-Oct-12	English
112290BFTA	151	Borden	19-Nov-12	30-Nov-12	English
112290BFTA	152	Borden	03-Dec-12	14-Dec-12	English
112290BFTA	153	Borden	14-Jan-13	25-Jan-13	English
112290BFTA	154	Borden	04-Feb-13	15-Feb-13	French

You can get loaded on this course through your unit's training representative. For more information please contact the PSP Training Centre Office Coordinator Evelyn Keller by phone at extension 3127 or email Evelyn.Keller@forces.gc.ca.