



**Fitness Kickboxing Canada
Fitness Boxing, Kickboxing & MMA
Specialist Certification**

We offer 3 levels of Certifications in Fitness Boxing and Kickboxing. We also offer a full CEC curriculum with an optional theory exam for certified fitness professional to enhance their marketability with specialty certification credentials and become eligible for full insurance coverage as an Instructor.

Certified Personal Trainers and Group Fitness Instructors may complete a theory exam upon completion of each of the CEC workshops for the following:

**Fitness Boxing - Level I - Instructor
Fitness Boxing - Level II - Instructor
Fitness Boxing - Level III - Instructor
Fitness Kickboxing - Level I - Instructor
Fitness Kickboxing - Level II - Instructor
Fitness Kickboxing - Level III - Instructor
MMA Fitness/Conditioning – Level 1**

The Written Exam

The theory exam is a 3 part exam, including a case study, covering all the material taught at the workshop and included in the instructor manuals.

The Practical Evaluation

The candidate will be evaluated on their practical skills during the duration of the physical workshop.

Candidates can register for the exam and workshop on the same registration form. The exam will be mailed to the candidate upon registration. All candidates must complete the exam with 30 days of the date of the workshop and submit it to Fitness Kickboxing Canada for marking. Candidates must also submit a copy of their current CPR certification.

Those successful candidates fulfilling the above requirements will be mailed a full colour copy of their certification designation as:

Fitness Boxing Specialist- Level I
Fitness Boxing Specialist- Level II
Fitness Boxing Specialist- Level III

Fitness Kickboxing Specialist- Level I
Fitness Kickboxing Specialist- Level II
Fitness Kickboxing Specialist- Level III

MMA Fitness/Conditioning Specialist- Level I

Recertification Process

All certification must be renewed annually by attending an FKCI workshop or one of our approved CEC provider workshops within the 12 month period. Those who do attend within the 12 month period will be recertified at the Level they have attained and not be required to re-write the exam portion.

Those successful candidates fulfilling the above recertification requirements will be mailed a full colour copy of their certification designation as:

Fitness Boxing Specialist- Level I
Fitness Boxing Specialist- Level II
Fitness Boxing Specialist- Level III

Fitness Kickboxing Specialist- Level I
Fitness Kickboxing Specialist- Level II
Fitness Kickboxing Specialist- Level III

MMA Fitness/Conditioning Specialist- Level I