

Instructor-Led Guided Online courses are facilitated by an instructor, require weekly participation, & include online group work with active discussions. Some courses include virtual meetings (attendance is recommended but not required).

Students must be enrolled into the Exercise Design Micro-credential to take EMRG1530 and EMRG1532. Program applications can be submitted <https://apply.educationplannerbc.ca/> For support with course registration, contact Student Services at 604-559-5590 or toll free 1-888-865-7764 or email register@jibc.ca

				Credits	Format
February 3, 2025	February 23, 2025	EMRG1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
March 3, 2025	March 23, 2025	EMRG1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Spring/Summer 2025

April 7, 2025	April 28, 2025	EMRG1530			
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September 15, 2025	October 6, 2025	EMRG1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
October 13, 2025	November 3, 2025	EMRG1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Winter 2026

January 12, 2026	February 2, 2026	EMRG1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
February 9, 2026	March 2, 2026	EMRG1532	Advanced Exercise Design		