

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

Students must be enrolled into the Exercise Design Micro-credential to take EMRG-1530 and EMRG-1532. Program applications can be submitted via <https://apply.educationplannerbc.ca/>. For support with course registration, contact Student Services at 604-528-5590 or toll free 1-888-865-7764 or email register@jibc.ca

Winter 2025

Start Date	End Date	Code	Course Title	Credits	Format
February 3, 2025	February 23, 2025	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
March 3, 2025	March 23, 2025	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Spring/Summer 2025

April 7, 2025	April 28, 2025	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
May 5, 2025	May 26, 2025	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Fall 2025

September 15, 2025	October 6, 2025	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
October 13, 2025	November 3, 2025	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Winter 2026

January 12, 2026	February 2, 2026	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
February 9, 2026	March 2, 2026	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online