



Is PLAR for you?

Personal Fitness Trainer Program

What is PLAR?	Prior Learning Assessment (PLAR) is an evaluation through a valid and reliable process, by qualified specialist(s), of the knowledge and skills that have been learned through non-formal or informal learning (i.e. non-credit courses, on the job training or life and work experience) to determine the equivalency for credit to a NAIT course(s).
What can PLAR do for me?	PLAR can help you by: <ul style="list-style-type: none">▪ Recognizing skills and knowledge acquired through prior learning▪ Reducing the number of courses required to complete your program▪ Helping you to access skilled work faster
How do I know if I'm a candidate?	If you have 2 years successful work experience in the personal health and fitness training field and can provide evidence of your skills and knowledge to meet learning outcomes for courses within the personal fitness training program, you may be a PLAR candidate.
What are the PLAR options?	<p>You must be fully accepted into the NAIT personal fitness training program to receive PLAR services (the non-refundable tuition deposit has been paid). See Admissions on the NAIT website for further information on applying to NAIT. Open Studies students are not eligible to apply for PLAR.</p> <p>Individual course challenge</p> <p>If you have previously learned the skills and knowledge for one or more of the personal fitness training courses, you may apply to be assessed for each applicable course. Partial course credit will not be granted. Please note that NAIT has a 50% residency requirement.</p>
How many courses are available by PLAR?	<p>Currently we have 3 out of 19 diploma courses with PLAR challenges available. For a list of courses available see the personal fitness training PLAR Candidate Guide.</p> <p>Applicants can receive credit for only up to 50% of any NAIT credit program. (See NAIT Academic Regulations and Procedures under Residence Requirements). Students should enrol in their courses until official confirmation has been received that credit was granted.</p>
When are PLAR challenges offered?	Please contact the program at pft@nait.ca for more details. Your request will be reviewed within six weeks of receipt of the request form, all supporting documents (in English) and verification of fee payment. Submit your PLAR request early!



How much does PLAR cost?	The PLAR Evaluation fee is \$150.00 per course challenge.
Are there methods other than PLAR to gain NAIT course credits for prior learning?	<p>Transfer Credit & Credential Recognition</p> <p>NAIT may grant transfer of credit for course(s) from a recognized post-secondary educational institution. Students must be accepted into a NAIT credit program before submitting a <i>Request for Transfer Credit or Credential Recognition</i> form.</p> <p>For specific information and guidelines regarding transfer credit or credential recognition, refer to Recognition of Prior Learning on the NAIT website. Also refer to the Advanced Credit section on the program home page.</p> <p>If you do not qualify for transfer credit or credential recognition, PLAR may be an option.</p>
What do I need to prepare for a PLAR assessment?	Credit is earned for proven knowledge and skills. You will be assessed on your competence in the learning outcomes for each course. For more information on the learning outcomes, criteria, and the form of assessment please refer to the personal fitness training PLAR candidate guide & self-audit package.
How do I get started?	1. Call NAIT and ask to speak to an Academic Advising Centre Representative at 780-471-6248 or Toll Free at 1-877-333-6248 or AskNAIT@nait.ca