

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 2026

Start Date	End Date	Code	Course Title	Credits	Format
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

Spring/Summer 2026

April 7, 2026	April 27, 2026	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
May 4, 2026	May 25, 2026	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Fall 2026

September 14, 2026	October 5, 2026	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
October 13, 2026	November 2, 2026	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

Winter 2027

January 11, 2027	February 1, 2027	EMRG-1530	Exercise Design Fundamentals	1.0	*Instructor-Led Guided Online
February 8, 2027	March 1, 2027	EMRG-1532	Advanced Exercise Design	1.0	*Instructor-Led Guided Online

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