

**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](mailto:register@jibc.ca)

**Winter 2026**

Start Date	End Date	Code	Course Title	Credits	Format
January 12, 2026	February 2, 2026	<a href="#">EMRG-1530</a>	<a href="#">Exercise Design Fundamentals</a>	1.0	*Instructor-Led Guided Online
February 9, 2026	March 2, 2026	<a href="#">EMRG-1532</a>	<a href="#">Advanced Exercise Design</a>	1.0	*Instructor-Led Guided Online

**Spring/Summer 2026**

April 7, 2026	April 27, 2026	<a href="#">EMRG-1530</a>	<a href="#">Exercise Design Fundamentals</a>	1.0	*Instructor-Led Guided Online
May 4, 2026	May 25, 2026	<a href="#">EMRG-1532</a>	<a href="#">Advanced Exercise Design</a>	1.0	*Instructor-Led Guided Online

**Fall 2026**

September 14, 2026	October 5, 2026	<a href="#">EMRG-1530</a>	<a href="#">Exercise Design Fundamentals</a>	1.0	*Instructor-Led Guided Online
October 13, 2026	November 2, 2026	<a href="#">EMRG-1532</a>	<a href="#">Advanced Exercise Design</a>	1.0	*Instructor-Led Guided Online

**Winter 2027**

January 11, 2027	February 1, 2027	<a href="#">EMRG-1530</a>	<a href="#">Exercise Design Fundamentals</a>	1.0	*Instructor-Led Guided Online
February 8, 2027	March 1, 2027	<a href="#">EMRG-1532</a>	<a href="#">Advanced Exercise Design</a>	1.0	*Instructor-Led Guided Online

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