



## Frequently Asked Questions

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### **Fast Track Weekend/Evening**

#### **1. Why are the BCRPA Dates different from the international dates ?**

The BCRPA process has a different process than international certification exams, which is why the dates are longer than the international schedule. BCRPA has 4 exams and these are taken at specific times, you can see more [information here](#).

#### **2. What will the course cover?**

The Fast Track Course covers Fitness Theory (anatomy and physiology) Personal Trainer Basics (Weight room techniques, intro to being a PT, program design) and Personal Training Comprehensive (Assessment methods, functional testing, program design), each module is 2 weekends long or 4 weeks if taking the evening Fast track option.

#### **3. What certification can I get by taking the course?**

You will be prepared to write the certification exams for ACE, ACSM and NSCA, you will also be prepared to obtain your BCRPA registration as a Personal Trainer. You will receive a letter of completion after successfully completing each module with Infofit.

#### **4. What is included in the course?**

Your time in class and your three course workbooks.

#### **5. What other expenses can I expect other than the course cost?**

You will need First aid and CPR/AED A or C for BCRPA (\$90 approx), for international certifications like ACE, ACSM, NSCA you will need CPR/AED A or C. Your exam fee is not included in your course fee for BCRPA the exam fees will total \$515 CAD , for ACE \$399 USD, ACSM \$349 USD and NSCA \$435 USD

#### **6. What type of First aid & CPR/AED do we need?**

You will need First aid and CPR/AED A or C for BCRPA (\$90 approx), for international certifications like ACE, ACSM, NSCA you will need CPR/AED A or C (\$65 approx). You can google these providers in your local area.

**7. What if I have a CPR certificate already? How do I know if my CPR certification is acceptable or not?**

If your certification is valid and is CPR/AED A or C, then you do not need to retake the CPR/AED course until it expires. If you have Emergency First aid with CPR/AED A or C and it is valid you do not need to take the course until it expires. If you are in any doubt you can always send a copy to us to look at.

**8. Will we have some practical experience during the course?**

Yes, we try to give you as much practical experience as possible, our gym is in the same building as our classroom.

**9. Do you have any payment plan options?**

We don't have any payment plans but you can buy each module one by one, this would enable you to register for the course one by one and pay as you go, you can see that [option here](#).

**10. What happens if I miss a class?**

If you are unable to attend a class, please call (604-683-0785) or [email](#) the Infit admin team so we can let you know your options for missing class. As the name suggests the Fast Track course is accelerated so if you miss a class you will miss valuable information, and you will need to make this up if you wish to graduate from the course. This will involve additional tutoring sessions (\$63 p/hr) or attending that course date the next time it is offered.

**11. What times are the classes?**

The weekends Fast Track classes are Saturdays 10am-6pm and Sundays 9am-5pm  
The Evening Fast Track classes are Monday & Tuesdays 6pm-9.30pm or Wednesday & Thursdays 6pm-9.30pm.  
The weekend class will include 2 coffee breaks and a lunch break, the evening class will include a coffee break.

**12. What is the cost of the course?**

The course cost is \$1433.25 (tax included), the tuition portion of the course is tax deductible (\$672), we will provide you a T2202a for your taxes, you will need to provide your SIN Number to receive this.

**13. When I will receive my course information?**

We send this the Monday before the course starts, it will be an email which includes a short video to watch, please check your spam folder if you have not received it, the video will explain what to bring, what to wear, parking information and the class times.

**14. Why are the BCRPA dates different to the international dates?**

The dates are different because BCRPA has 4 exams, which are to be completed at specific parts of the course. If you are pursuing BCRPA please let us know we can go over the steps you need to take.

**15. What should I wear for class?**

Please come dressed in comfortable gym attire, portions of the class will be in the gym.

**16. Does the facility have a microwave or fridge?**

Unfortunately not, please only bring food you can eat cold. There are also lots of food options close by.



## Frequently Asked Questions

### Registration

#### 1. How do I register?

You can register over the phone, via the website or in person.

#### 2. How do I pay?

You can pay over the phone, via the website or in person.

#### 3. Do you have payment plans or offer student loans?

We don't have any payment plans but you can buy each module one by one, this would enable you to register for the course one by one and pay as you go, you can see that [option here](#). For the Full time course students pay \$2,500 upon registering, or \$1,000 to save their spot, then another \$1,500 3 days prior to the course start date. Following the initial payment, two more payments of \$2,000 are required to be made on the 30th day of their course and then final payment on the 45th day of their course..

#### 4. What documents do I need to register?

Just your ID, we need to verify your age before registration.

#### 5. What's the registration process?

Online via our website - you will use the register button on the course page you wish to attend, you will need a credit card or paypal, we will call you in business hours to verify your course dates and obtain some information for your student profile.

In person - We will obtain some information for your student profile while you are here, and you can pay in person via cash, credit or debit.

Over the phone - We will obtain some information for your student profile while you are on the phone, and you can pay in person via cash, credit or debit.

**6. How early/soon should I register?**

You should register at least 2 weeks in advance of the course date you wish to attend. Class sizes are limited right now.

**7. If I register online, how soon will you get in touch with me?**

If you register within business hours we will call you as soon as we are able to, sometimes we are busy in the office with phone calls and emails, please be patient with us we'll call you as soon as we can.

**8. If I register online, how soon will I be put into my class? Will I receive any confirmation?**

You will receive an email after you pay online, but we will call you as soon as we are able to confirm your course dates.

**9. What if I want to cancel my registration?**

We require you to email if you wish to cancel your registration.

**10. What's the cancellation policy? How soon will I get my refund?**

Please refer to the refund policy on the course page you are interested in attending, if you need any clarification before registering please call or email, so we can answer your questions.

Any refunds due will be processed within 30 days of the withdrawal notice.

**11. Can I change my class starting date after registering?**

Yes, you can switch your course after registering, we will require an email from you to let us know which date you wish to switch to. Your student contract start and end dates will stay the same. We allow you to transfer twice without charging you but any transfers after that will be charged at \$100.



## Frequently Asked Questions

### ACE

**1. How do I book for the ACE exam?**

We will send you an email at the end of the final course on how to book your ACE exam, you have the option to take the exam at home or at an exam location.

**2. When/how soon can I book for the ACE exam?**

You will need to book 10 days in advance of the date you are wishing to take the exam.

**3. What's the difference between on-site and online**

Online you will take this at home under exam conditions, your computer or laptop must have a webcam. Onsite means you will come and take your exam at an exam location in person.

**4. Once certified do I need insurance?**

Yes, you do, we recommend Metrix insurance, they offer great coverage and insurance for Infofit Graduates, you can apply directly through [this page](#) on our website.

**5. How long is my certification valid for?**

2 years.

**6. How many questions are on the exam?**

150 multiple choice questions.

**7. How long is the exam?**

The exam is 3 hours, unless you need special test accommodations which means 4.5 hours, Special test accommodations are granted if English is your second language, you have a documented learning disability or a physical disability.

**8. Do I find out immediately after the exam if I have passed?**

Yes, once you have answered all the questions, your final score will be displayed a few seconds after.

**9. What is the pass mark ?**

To pass you will need 500 points or above, the maximum score is 800 points. Each question is worth different points.

**10. Where can I work once I have my ACE?**

You will be able to work for yourself, in big box gyms or private studios.



## Frequently Asked Questions

### BCRPA

#### 1. How to schedule for the Fitness Theory Exam:

- a. Please refer to [BCRPA's website](#) and scroll down to the bottom and read through "[Exams, and how to take them](#)"
- b. How to use the BCRPA registry & How to purchase & How to book the exam with a proctorU: <https://www.bcrpa.bc.ca/media/145187/getting-started-with-the-registry.pdf>

#### 2. When do I take the BCRPA exams?

For BCRPA you will take your exams at the following times:

- Fitness Theory Exam after the Fitness Theory course.
- Weight Training ICE (practical) after the Weight Training/PTB Course.
- Personal Training ICE (practical) and Personal Training Written exam after the Personal training comprehensive course.

#### 3. What are the BCRPA exams?

Fitness Exam - 60 multiple choice questions, can be taken at home.

Weight Training ICE - will consist of a written program design portion and then an in person practical exam.

Personal Training ICE - will consist of a written program design portion and then an in person practical exam.

Personal Training Exam - written exam consists of a case study, 60 multiple choice questions and 15 match up questions, you will have 3 hours to complete the exam.

#### 4. Where can I use my BCRPA PT registration?

You will be able to work in community/recreation centers, big box gyms, private studios and for yourself.

#### 5. How do I know if my current CPR is valid for BCRPA or not?

BCRPA requires a minimum of Emergency First Aid and CPR-A; higher levels such as Standard First Aid and CPR-C are also acceptable.

We consider First Aid & CPR valid according to the expiry date listed on the certificate; if no expiry date is listed, we will accept it as current for 2 years from the date of issue. Depending on your employer or facility, they may require higher levels or a more frequent re-certification.

First Aid/CPR must come from the following organizations or from companies that are authorized by them to provide these certifications:

- Red Cross
- St. John's Ambulance
- Canadian Ski Patrol
- Lifesaving Society, or
- Heart and Stroke Foundation.

All courses must be done in-person; online training will not be accepted.  
Email BCRPA ([registration@bcrpa.bc.ca](mailto:registration@bcrpa.bc.ca)) to check.



## Frequently Asked Questions

### **ACE VS BCRPA**

**1. What if I want to do both, which one should I get first?**

The ACE certification will be quicker to obtain since it has only one exam, BCRPA has 4 exams and will take a little longer to obtain.

**2. What if I want to work in commercial gyms, which one should I get?**

Either will work for commercial gyms, ACE will be quicker to obtain and enable you to get working quicker.

**3. What if I want to work in rec or community centers, which one should I get?**

They usually will always ask for BCRPA, so if you see yourself working in a Rec/Community center then I would pursue BCRPA.

**4. Which one is better? Which one would you suggest?**

Both are well respected and recognized in BC, I wouldn't say one is better than the other, it's more of a case of which one will suit your goals.

**5. What's the price difference between them?**

The BCRPA exam fees are \$515 in total (4 exams and registration fee)  
The ACE exam is \$399 USD

**6. What is the difference between them?**

BCRPA is a provincial registration, if you move within Canada (except Quebec) you can transfer your registration to that province, you would contact that registry before you leave.

ACE is an international certification, which can be used in other countries worldwide, if you are moving to another country you can use [this chart](#) to determine what you need to do.