



## Frequently Asked Questions

### Fitness Theory

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

The course will cover basic anatomy, physiology, exercise analysis, and the fundamental principles of strength and flexibility training.

#### **2. Do I need to have prior education before attending?**

No, just a passion for fitness and willingness to learn.

#### **3. How much homework can I expect during the Fast Track Fitness Theory Course?**

You can expect to complete quizzes, case studies and readings as homework, plan for 30-60 minutes each evening.

#### **4. What course materials will we use for the course? Are they included in the cost of the course?**

For in class and personalised options - you will receive an Infofit Fitness Theory Workbook, this is yours to keep.

For Home Study - You will receive one in the mail.

For Digital Home Study - You will have an Ebook copy available to you.

**5. Will this course prepare me for the BCRPA Fitness Theory exam?**

Yes, the course is approved by the BCRPA, and we teach to their standards. You will take the BCRPA Fitness Theory exam after you complete the course.

**6. The weekend and evening schedule does not work for me, what options do I have to complete the Fitness Theory Course?**

We have two options to choose from if you can't make it to class:

Personalised - This option includes 10 hours one on one, these sessions are booked as 2 hour appointments and can be started anytime.

Home Study - This option includes access to our online platform, and a copy of the Fitness Theory workbook (Home study option) or a Ebook version (Digital) this course can be started at any time.

**7. What are my options if I already have an educational background that would cover some of the information taught in this course?**

If you have taken university courses, or courses because you are an RMT, you may be able to bypass the Fitness theory course. If this is your case we will send you information on completing our Fitness Theory Bypass exam (\$25) you will need to obtain 75% or above to bypass this course.

**8. What are my options if I have already taken a Fitness theory course elsewhere?**

We will need to have a copy of your letter of completion from that course or a copy of your BCRPA registration in Fitness theory, to be able to bypass this course.

**9. What are my options if I have taken a Fitness Theory course a while ago?**

Depending on how long ago it was you may need to do some tutoring, review on your own or retake the course. If you contact us we will give you the best options for you.

**10. Will I need to complete the quiz/exam at the end of the course?**

If you are taking a course in person , we will have you complete a 30 question multiple choice quiz at the end of the course, the passing grade is 21/30 (70%), if you don't pass you can schedule a time to take Exam B.

If you are taking a Home study course, your quiz will be available in your online account.

If you are pursuing BCRPA you will still need to take the BCRPA Fitness Theory exam.