

# FAQ's Infofit's Home Study Personal Training Program

## How long will it take to complete the course?

We give you a year to complete the course, but on average it takes most students between 3-6 months to complete the course. The time varies from student to student, and it depends on how much time you can dedicate to your studies weekly.

## What is included in the course?

- Three workbooks, one for each module
- Shipping of all course material
- Access to our online platform which is loaded pre-recorded lessons, videos and quizzes
- Anatomy coloring book
- 2 study guides which will be added to your online platform account.
- 4 x 60-minute tutoring sessions (in person or online, your choice) with an instructor
- Optional attendance to the weekend or evening Fast track course, if you decide you prefer to do in-class sessions (\$100 fee applies)

## Can I attend a class if I need extra help?

Yes, you can attend the Fast Track weekend or evening classes by paying a nominal fee of \$100. Class sizes are limited so please call or email if you wish to attend in person.

## What certification can I get by taking the course?

You will be prepared to write the certification exams for ACE, ACSM and NCSA, 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.

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

You will need First aid and CPR/AED A or C for BCRPA (\$95 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 \$634 CAD, for ACE \$399 USD, ACSM \$349 USD and NSCA \$435 USD

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

You will need First aid and CPR/AED A or C for BCRPA (\$95 approx.), for international certifications like ACE, ACSM, NSCA you will need CPR/AED A or C (\$75 approx.). You can google these providers in your local area or Infofit offers 4 in person classes per year.

## Can I complete everything at home?

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Yes, you can complete everything at home. Our online platform has pre-recorded lessons for each section and instructional videos for some topics. The lessons are not live, but recorded and made for the portal, so you can login whenever you choose to and listen for as long as you choose to. If you can use someone else in your household to practice on that will be helpful.

## **Will there be a final exam?**

There will be 3 quizzes to complete at the end of each module, these can be found and taken in the online platform. You will need to take a certification exam after the course to be certified (BCRPA, ACE, ACSM etc.)

## **How/when can I take the quizzes? Format? What percentage do I need to pass?**

You will take the quizzes when you complete your workbook and the lessons online. They are available on the online platform. The pass mark is 21/30 (70%), the questions are all multiple choice.

## **What would happen if I do not pass the quiz?**

You will be able to take the quiz again, the quiz pulls from a bank of questions so you will get different questions for your second attempt. If you do not pass after 2 attempts, we would recommend you review that module and/or use a tutoring session to help you.

## **Will this course have workbooks?**

Yes, they will be mailed to you via Express Canada Post. The cost is induced in the course price.

## **How soon will I receive my workbooks?**

Depending on your location it may take 1-5 business days, sometimes longer if you are further away, we will provide you with tracking information if you need it.

## **Will the workbooks be shipped to me? Will it cost extra to have them shipped?**

Shipping is already included in the cost. If we are shipping materials outside of North America, then additional fees may apply.

## **Can I come in person to pick up the workbooks?**

Yes, you can, we are here M-F 9am-6pm and weekends 12pm-5pm.

## **What happens if I want to be transferred to the in-person fast track classes?**

You can email ([admin@infofit.ca](mailto:admin@infofit.ca)) to let us know which course date you wish to attend, we will let you know if there is space available in that class, if there is not, we will let you know alternative dates.

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## **How soon can I start?**

You can start immediately, after registration you will receive access to the online platform and can get started with online lessons right away, we also include a PDF of the workbook online that you can work through while your books are being mailed.

## **What if I need some help on some topics?**

You have 4 x 60-minute tutoring sessions to use, they can be used at any time, so if you are stuck on a topic, don't stay stuck on it! Please email or call us so we can help get you moving forward in the course.

## **What if I want a refund?**

The Home study course is nonrefundable once you purchase.

## **Why is the Home Study course non-refundable?**

You receive access to the course immediately after purchase, which includes online lessons and workbooks.

## **What if I didn't complete the course within a year?**

We may be able to offer an extension so you can complete the course. We ask that you email us and let us know where you are in the course. We will provide options for completion of the course. This may involve a small extension fee.

## **Is Infofit listed an eligible institution for the Canada Training Credit?**

Yes, Infofit is an [eligible institution](#) for the Canada Training Credit. You can see more information on the Canada Training Credit [here](#).