

FAQ's Infofit's Fast Track Personal Training Program

Why are the BCRPA Course 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](#).

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 and program design), each module is 2 weekends long or 4 weeks if taking the evening Fast track option.

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 is included in the course?

Your time in classroom and gym practical lessons and your three course workbooks.

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.

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.

Will we have some practical experience during the course?

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Yes, you will receive practical experience in Infofit's Personal Training Studio, our studio is in the same building as our classroom and not open to the public, but for our students practical experience.

Do you have any payment plan options?

We have a payment plan option you will pay \$500 to start and then make 5 monthly payments of \$220 per month or 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.

What happens if I miss a class?

If you are unable to attend a class, please call (604-683-0785) or email the Infofit 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 (\$65 p/hr.) or attending that course date the next time it is offered.

What times are the classes?

The weekend Fast Track classes are Saturdays & Sundays 9am - 5pm.

The Evening Fast Track classes are Monday & Tuesdays 6pm - 9.30pm or Wednesdays & Thursdays 6pm - 9.30pm.

The weekend class will include 2 coffee breaks and a lunch break, the evening class will include a coffee break.

What is the cost of the course?

The course cost is \$1523.25 (tax included), the tuition portion of the course is tax deductible (\$762), we will provide you a T2202 for your taxes, you will need to provide your SIN Number to receive this.

When will I 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.

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.

Can I split the Fast Track Course dates up?

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Yes, you can. Most students opt to take the courses back-to-back, but if you prefer you can split the three modules up, so you take them over a longer period of time. When you register you can check the schedule for each individual course option and let us know how you which dates you want to attend.

Do I need to pick up my course materials before the course starts?

You do not need to, but if you want to pre-read the workbook before you attend, you can pick up your course materials from the Infofit office. If you don't pick it up before class, we will have it ready for you on the first day of class.

Are there any free parking options?

There is some free street parking available, but you will need to arrive early to find them, alternatively there are some underground parkades close by where you can pay daily or monthly.

Is there a dress code for class?

Yes, students are asked to wear all black (shorts, pants, tights, t-shirt or long-sleeved shirt) your sneakers can be any colour. We want you to look and act professional in class.

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](#).