

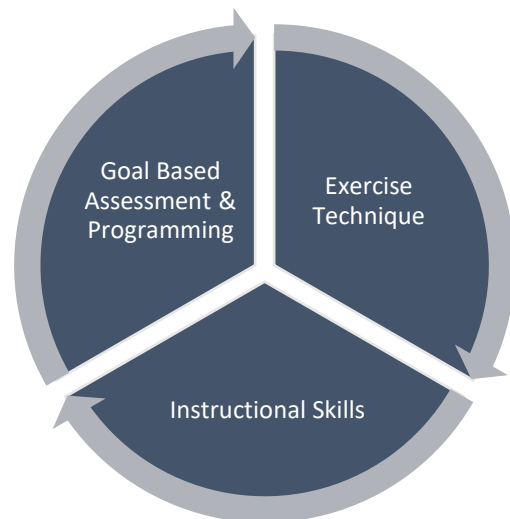
Certified Fitness Practitioner – Personal Trainer (EQF Level 4)

The Revolutionary Personal Training Certification

Course Overview

The FEA Certified Fitness Practitioner (Personal Trainer) “CFP” is a revolutionary personal training certification which aims to produce internationally certified fitness professionals with high-level of employability and demand. Fitness Edutraining Asia (FEA) is the first fitness certification provider in South East Asia to earn approval by the EuropeActive Standards Council which signifies the FEA CFP certification has met the standards of practice in Europe and is equivalent to the EQF Level 4 Personal Training certification standards. FEA CFP graduates has the privilege to join the European Register of Exercise Professionals (EREPS), an inventory referenced during the hiring process by more than 10,000 clubs throughout Europe.

In this 16 weeks certification program, fitness practitioners will learn how to implement FEA state-of-the-art personal training system “Goal Based Training Model”. This system provides personal trainers the solution to coach clients (of diverse needs and expectations) to lead a healthier and fitter lifestyle . To ensure FEA achieves this mission, the evaluation criteria (which consists of both theoretical and practical component) will place higher emphasis on areas of exercise instructional skills, exercise techniques and goal based assessment & programming.



The certification program consists of 2 modules; In Module 1 – the Exercise Coaching certification, participants will learn how to coach clients to perform exercises based on the principles of stability & mobility as well as functional movements, from stable/supported to complex exercises. Strong emphasis is on the student’s ability to provide set-up and execution cues for exercises and their ability to evaluate movements. They will be introduced to FEA A.C.T Model which explains how coaches should progress exercises.

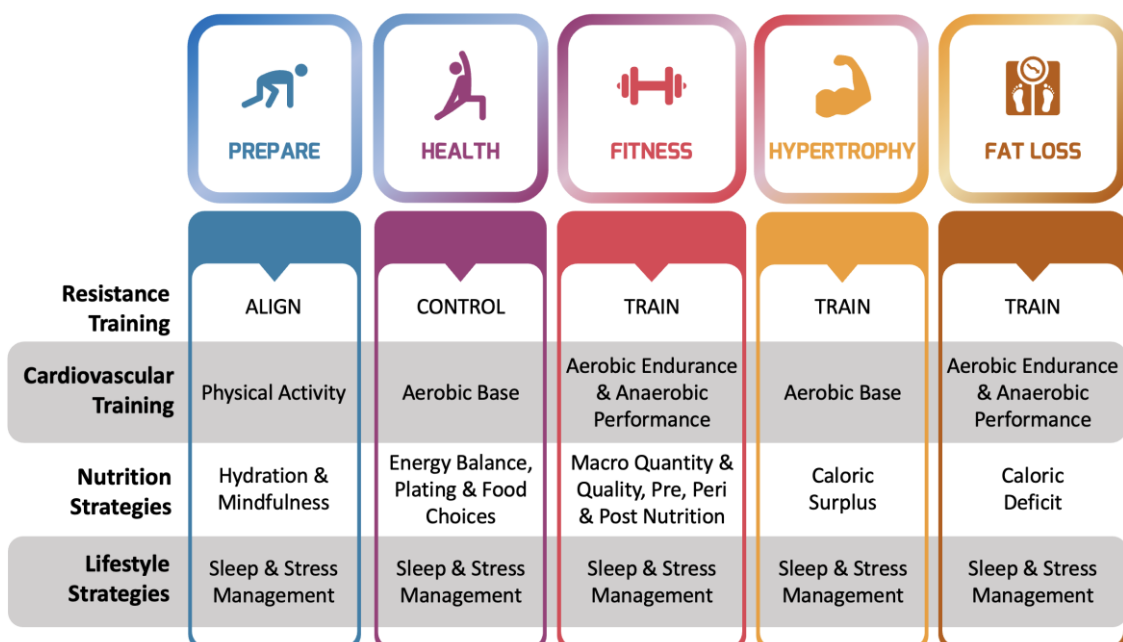
A library of exercises for each basic movements based on the difficulty level is given. This will enable participants to suggest specific exercises that is best suited for your client. For cardiovascular training, you will discover FEA 4 Zones Cardiovascular Training Model where you can select a specific training modality for each of your clients based on their needs and goals. You will also learn the essential components of a workout session and how to plan fun and purposeful workouts for beginner, intermediate and advance exercisers by taking into consideration applied exercise science and internationally accepted training guidelines.

ALIGN	CONTROL		TRAIN	
Mobility & Stability	Basic Movement	Progression	Goals	Progression
Myofascial Release	Bend & Lift Single Leg Push Pull Rotation	Stable Isolated/Machine Based Add: Instability or Complexity Add: Instability & Complexity	Strength Hypertrophy Endurance Power	Add: Load or Power Add: Load & Power
Static Stretching				
Muscle Activation				
Dynamic Stretching				

FEA A.C.T Model

After being equipped with a library of exercises, guidelines and coaching skills, you will be ready to extend your learning in Module 2 (Personal Training) where the focus is on designing and implementing programmes to lead your clients toward their goals. In this level, you will learn how to manage very common client goals which are movement preparation, health, fitness, hypertrophy and fat loss. To do so, you will learn how to utilize the components in the FEA GBT Model. They are resistance training, cardiovascular training, lifestyle strategies and nutrition strategies. This also includes how you can monitor and track your client's progress.

FEA GOAL BASED TRAINING (G.B.T) MODEL



- **Prepare:** Prepare clients to exercise through improvements in stability-mobility and meeting the minimum requirements of physical activity. The goal is to help sedentary clients to begin activity and reduce risk of injury.
- **Health:** Encourage clients to move and exercise. Teach clients how to perform a variety of resistance training exercises and introduce moderate intensity aerobic exercise. The goal here is to focus on building positive exercise experience and exercise adherence.
- **Fitness:** Lead clients to achieve muscular adaptations e.g., muscular endurance, hypertrophy, strength and power, as well as implementation of aerobic endurance exercises to achieve cardiovascular adaptations.
- **Hypertrophy & Fat Loss:** Implementation of hypertrophy and fat loss programmes to help clients reduce body fat and increase muscle mass for better aesthetic and health.
- **Lifestyle factors** like sleep and stress management plays a vital role in programme success. Disruption of lifestyle factors can lead to weight gain, poor recovery and hormonal imbalance. The role of a personal trainer is help clients to become successful in managing their sleep and stress.
- Health and fitness programmes will not be complete without sound **nutrition** plan. Eating habit is part of a person's lifestyle and is highly influenced by personal, social and environmental factor. Thus, changing eating habits should take into account these factors and has to be done progressively to ensure likelihood of success.

You will enjoy this new and highly efficient learning method with strong emphasis given to job skills development . In addition to the live workshop, you will have access to our electronic learning platform and materials that will allow you to learn at your own pace. Completing the CFP certification course will also prepare you to sit for the American Council on Exercise (ACE) Personal Trainer certification exam. All in all, FEA-CFP graduates will not only meet the key competencies established by these world-class personal training examinations, but also possess stronger practical skills needed to excel in this industry.

Course Highlights

- Functional Movement Coaching – set-up and execution cues plus movement evaluation
- A.C.T Model – Your Training Tool to Programming
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern
- Personal Training System (G.B.T – Goal Based Training Model)
- Workout Design Made Simple, Effective and Fun

About EuropeActive and EREPS



The **European Register of Exercise Professionals (EREPS)** uses the **EuropeActive** standards to ensure that exercise professionals are qualified to offer safe and effective fitness programmes to their clients across Europe. EREPS provides consumers, employers and partners in medical professions with the confidence that registered trainers are both competent and able to work to support its Code of Ethical Practice, which defines the rights and principles of exercise professionals. Referencing the EuropeActive standards and being registered mean that trainers have met the minimum standards of good practice and that they are committed to enhancing their skills and professional status through a process of lifelong learning.

EREPS is regulated by the EuropeActive Professional Standards Committee using the official European Qualifications Framework (EQF), which describes the knowledge, skills and competencies exercise professionals need for registration.

Why Should You Consider This Course?

- Earn your fitness certification and get internationally recognised
- Get trained on Exercise Coaching and Personal Training with strong emphasis on practical skills and job training
- Discover the right training and nutrition strategies to match diverse clientele
- Enjoy higher passing rates for American Council on Exercise (ACE) Certified Personal Trainer exam
- Get trained on safe and effective exercise techniques and guidelines
- Eligible to join the European Register of Exercise Professionals (EREPS) and get listed on their member directory featuring registered fitness professionals from more than 40 different countries

What Is The Course Outcome?

In Module 1, fitness practitioners are expected to demonstrate the skills of exercise coaching which includes:

- Introducing exercise name and purpose
- Demonstrating exercise based on the principles of stability-mobility
- Explain set-up position and execution of exercises
- Able to observe, evaluate and correct exercise techniques
- Able to suggest exercise modifications
- Progress and regress exercises
- Effectively coach a beginner client to perform exercises
- Writing and leading a general exercise session

In Module 2, fitness practitioners are expected to demonstrate the skills of personal training which includes:

- Understanding client's goal with effective communication skills
- Select, conduct and interpret goal-based assessment
- Select the right strategy for each training component (resistance training, cardiovascular training, lifestyle and nutrition)
- Design personalised all-rounded goal-based programme
- Understand applied exercise science

What Are the Topics Covered?

In Module 1, you will learn Exercise Coaching. You will learn how to coach clients to perform exercises based on the principles of stability & mobility as well as functional movement from its very fundamental movement to complex exercises thus you will be able to suggest the exercise which fits your client most.

- Professional Roles
- Principles of Fitness, Exercise Guidelines and Techniques
- Stability & Mobility and Functional Movement Training
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern
- Exercise Coaching – Set-up and execution cues. Movement evaluation
- General Workout Structure
- Cardiovascular Training
- Cardiopulmonary Resuscitation & Automated External Defibrillator (CPR & AED) (Only Available In Malaysia)

In Module 2, you will learn personal training skills, from assessing your clients prior to training them, to implementing the right strategies and exercise programme to match your clients' needs while helping them achieve their goals

- Role of a Personal Trainer
- FEA Goal Based Training Model
- Resistance Training: Science, Assessment and Strategies
- Cardiovascular Training: Science, Assessment and Strategies
- Lifestyle Strategies: Assessments and Strategies
- Nutrition: Science, Assessment and Strategies
- Art of Personalization
- Programme Modifications for Special Populations
- Behaviour Change and Motivation
- Effective Communication and Goal Setting Techniques

Who Will This Benefit?

- Fitness Enthusiasts who has met the below pre-requisite
- Fitness Professionals who needs a certification or wants to build strong foundation in training
- Strength and Conditioning Professionals

Applicable for **FEA Certified Fitness Practitioner course** Jan'2023 intake onwards

**Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).*

Pre-requisite

- 18 years old and above
- Possess a current and valid CPR & AED – Basic Life Support certification (*the training & evaluation will be offered during this certification course*)
- Completed high school; graduates of college and universities will be an added advantage
- This is a train the trainer course and is not a course to help you develop your personal fitness, health or exercise movement/techniques. Due to the grading criteria, you should have the following prior to joining the course: -
 1. At least minimal level of cardiovascular fitness (be able to complete moderate intensity cardiovascular exercise for at least 20-30 minutes)
 2. Requires minimal supervision and feedback performing squats, lunges, bench press, bent-over rows, seated rows, push-ups, shoulder press and Lat pulldown.
 3. You know the prime mover (s) for exercises in “NO.2” above.
 4. You know how to stretch all major muscle groups.
 5. You have experience developing a structured exercise programme (cardiovascular, resistance and flexibility training) for yourself.
 6. Currently an independent exerciser (do not require supervision)

If you currently do not possess the requirements from the third bullet point, you may want to hire a fitness practitioner or personal trainer to help you through. Let us know if you need a suggestion.

Course Provider

Fitness Edutraining Asia (FEA)

Course Developers

Jerrican Tan

The course is created from the combination of 3 forces. This course is the brainchild of Jerrican Tan, CSCS, NSCA-ACE-NASM CPT, NASM CES, ACE MES-HC-GFI, FEA Founder, a master instructor of ACE Personal Trainer Course for the past 15 years who has vast experience training and developing personal trainers in Asia. He is also the Managing Director of FITM (a training and development centre for fitness professionals based in Malaysia), a state bodybuilding judge and has served as a regional manager of FIT® Asia before he founded FEA. He sees the need of edutraining when developing new fitness professionals in Asia as compared to courses and certifications heavily focused on academic results. Jerrican is a former Malaysia National Junior Bodybuilding Champion, was a personal trainer and has managed high performance personal training teams before his fitness education career.

Fabio Comana

This course is consulted by Fabio Comana. Fabio Comana, M.A., M.S., NASM CPT, CES and PES; NSCA CSCS; ACE-CPT and HC; ACSM EP-C; USAW1; CISSNs is an academic consultant for FEA. He holds a double master's degree in exercise physiology and exercise nutrition and he is a faculty instructor at San Diego State University, and University of California, San Diego and

the National Academy of Sports Medicine (NASM), and president of Genesis Wellness Group. Fabio Comana covers a wide range of areas in fitness, from training for health and fitness goals to functional goals to performance and conditioning goals and to pre and post rehabilitation goals. Meanwhile, he is also very successful in the field of sports and fitness nutrition. Previously as an American Council on Exercise (ACE) exercise physiologist, he was the original creator of ACE's IFT™ model and ACE's live Personal Trainer educational workshops. He is also one of the leading course developers of almost all fitness specialized course. Prior experiences include collegiate head coaching, university strength and conditioning coaching; and opening/managing clubs for Club One. An international presenter at multiple health and fitness events, he is also a spokesperson featured in multiple media outlets and an accomplished chapter and book author. He enjoys a high reputation in the international fitness community. Starting May 2018, Fabio Comana joins the FEA family, he is responsible for the course development, reviewing course content and structure, and participating in the educator training process.

Yeoh Ee Ling

Edutrainers delivering the course are mentored and coached by Ee-Ling, ACE CPT-HC-MES, NASM FNS, who is a fitness education specialist and dietitian by profession. Ee Ling is a Master Instructor of ACE Personal Trainer Course for over 5 years. Ee Ling ensures the courses delivered by FEA Edutrainers are fun, effective and easy to understand while putting priority to skills development of fitness professionals.

Topics Covered

FEA Certified Fitness Practitioner Module 1 – Fitness Instructor (Exercise Coaching)

SESSION	GUIDED-LEARNING TOPICS	TYPE	SELF-LEARNING	EST. HOURS
1	Introduction & Exercise Orientation	Workshop	Read session handouts and google classroom course materials, familiarise yourself with: <ul style="list-style-type: none"> • Each component of fitness and its definition • Exercise orientation • Practise core activation drills (performing the exercise yourself and coaching a partner) • Practise verbalising exercise cues Complete tutorial assignment	3 hours
2	A.C.T Model: CONTROL – Lower Body Exercise Techniques	Workshop	Read session handouts and google classroom course materials and perform the following: <ul style="list-style-type: none"> • Review all lower body dynamic stretches and activation drill (purpose, set-up and execution cues, observation) • Practise performing the exercises yourself and coaching a partner • Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria <ul style="list-style-type: none"> ○ Squat or lunges ○ Deadlift or hip thrust • Review and practise verbalising set-up and execution cues of each exercise • Practise observing common errors with partner and provide feedback accordingly • Review progressions and regressions of each movement Complete tutorial assignment	6 hours

3	A.C.T Model: CONTROL – Upper Body Exercise Techniques	Workshop	<p>Read session handouts and google classroom course materials and perform the following:</p> <ul style="list-style-type: none"> • Review all upper body dynamic stretches and activation drill (purpose, set-up and execution cues, observation) • Practise performing the exercises yourself and coaching a partner • Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria <ul style="list-style-type: none"> ○ Push up or shoulder press ○ Bent over row or lat-pull down • Review and practise verbalising set-up and execution cues of each exercise • Practise observing common errors with partner and provide feedback accordingly • Review progressions and regressions of each movement <p>Complete tutorial assignment</p>	6 hours
4	A.C.T Model: ALIGN – Lower & Upper Body	Workshop	<p>Read session handouts and google classroom course materials and perform the following:</p> <ul style="list-style-type: none"> • Purpose of ALIGN • Review all myofascial release technique, static stretch and activation drills (purpose, set-up and execution cues, observation) • Practise performing the exercises yourself and observe improvement in movement efficiency • Practise coaching a partner and observe improvement in movement efficiency <p>Complete tutorial assignment</p>	3 hours
5	Muscle Group Training and Movement Progression	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> • Exercise and prime movers associated • Review all exercises introduced (purpose, set-up and execution cues, observation) • Practise performing the exercises yourself and coaching a partner • Practise observing common errors with partner and provide feedback accordingly • Practise performing movements with instability and complexity • Practise suggesting exercises for beginner, immediate and advance exerciser based on the concept of movement progression <p>Complete tutorial assignment</p>	3 hours

6	A.C.T Model TRAIN, Workout Design and Cardiovascular Training Design	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> • Muscular fitness guidelines (TRAIN) • Definition of repetition maximum (RM) and repetition in reserve (RIR) • Difference between muscular fatigue and cardiovascular/mental fatigue • Identify exercises which allows greater chance of muscular fatigue and vice versa • Discover your repetition in reserve (RIR) in your main lifts • Ideal way of progressing through sets and workout sessions • Components in a general workout and what to include in each component • Practise designing workouts from the in-class assignment • Execute the workouts and review if the objective of the workout is achieved • Review cardiovascular training guidelines (FITT) • Review usage of ratings perceived exertion (RPE) • Practise calculating heart rate reserve (HRR) and identify your own training zones • Experience training in all zones of the G.B.T model <ul style="list-style-type: none"> ○ Zone 1: NEAT ○ Zone 2: Aerobic base ○ Zone 3: Aerobic endurance ○ Zone 4: Anaerobic endurance and anaerobic power <p>Complete tutorial assignment</p>	12 hours
7	Exercise Coaching: Instructional Skills	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> • Spotting techniques • Film yourself instructing exercises and review based on the grading criteria <ul style="list-style-type: none"> ○ Practise on different exercises ○ Practise on different individuals <p>Prepare for theory exam and video submission (exercise demonstration and exercise coaching)</p>	6 hours
8	Exercise Coaching: Instructional Skills	Workshop		
9	CPR & AED: Basic Life Support	Workshop		
10	Theory Exam	CLR		

FEA Certified Fitness Practitioner Module 2 - Personal Trainer

SESSION	GUIDED-LEARNING TOPICS	TYPE	AFTER GUIDED LEARNING		
			SELF-LEARNING		LIVE CASE STUDY
1	The Professional Personal Trainer	Gym-CLR	Before course commencement, experience the sample resistance training, concurrent training and cardiovascular training workouts for "Prepare", "Health", "Fitness", "Hypertrophy" and "Fat Loss"	30 hours	
			<ul style="list-style-type: none"> • Read session handouts and google classroom course materials, familiarise yourself with: <ul style="list-style-type: none"> ○ Scope of practice and code of ethics of a personal trainer ○ Legal responsibilities, legal forms and negligence ○ Review in class assignment • Complete tutorial assignment 	6 hours	Find a client
2	FEA GBT Model - "Prepare" Programme	Gym-CLR	Experience the resistance training, cardiovascular training, lifestyle and nutrition strategies in "Prepare" programme	6 hours	
3	FEA GBT Model - "Health" Programme	Gym-CLR	Experience the resistance training, cardiovascular training, lifestyle and nutrition strategies in "Health" programme	6 hours	
4	FEA GBT Model - "Fitness" Programme	Gym-CLR	Experience the resistance training, cardiovascular training, lifestyle and nutrition strategies in "Fitness" programme	6 hours	
5	FEA GBT Model - "Hypertrophy & Fat Loss" Programme	Gym-CLR	Experience the resistance training, cardiovascular training, lifestyle and nutrition strategies in "Hypertrophy and Fat Loss" programme	6 hours	
6	FEA GBT Model - Making it Personal (Client Assessment)	Gym-CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials, familiarise yourself with: <ul style="list-style-type: none"> ○ Pre-participation health screening purpose and procedure ○ Forms involved in health screening ○ Exercise contraindications • Find a partner and practise implementing all assessments, interpreting results, and deciding training strategies • Complete the Live Case Study Assessment Summary and Strategy forms based on client assessment results. You will need the completed forms during the next session 	12 hours	
7	FEA GBT Model - Making it Personal (Client Assessment)	Gym-CLR			
8	FEA GBT Model - Making it Personal (Client Assessment)	Gym-CLR			Perform client assessment and complete before Session 9

9	Live Case Study: Evaluation of Assessment and Programming	Online/CLR	Discuss strategies and programme you have designed in class with the client, make any final adjustments if needed and finalised the programme.	6 hours	Bring all assessment, completed live case study assessment summary and strategy forms results to class. You will develop strategies and design personalised program during class with the guidance of the Edtrainer.
10	Functional Human Anatomy and Biomechanics	Online/CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials • Practise explaining all concepts in the chapter to another individual • Practise joint actions in each anatomical plane • Review in class assignment (exercise analysis) • Complete tutorial assignment 	3 hours	Begin training client.
11	Functional & Resistance Training – Assessment, Programming & Physiology	Online/CLR	<ul style="list-style-type: none"> • Find a partner and practise implementing all assessments and interpreting results • Read session handouts and google classroom course materials • Practise explaining all concepts in the chapter to another individual • Complete tutorial assignment 	6 hours	
12	Cardiorespiratory Training – Physiology & Programming	Online/CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials • Practise explaining all concepts in the chapter to another individual • Review in-class assignment <ul style="list-style-type: none"> ○ Blood flow ○ Energy system ○ Bioenergetics ○ Acute and chronic adaptations • Complete tutorial assignment 	3 hours	
13	Tutorial	Online/CLR	<ul style="list-style-type: none"> • Refer the google classroom for assignment and be prepared to present in class 	6 hours	

14	Nutrition: Science and Education	Online/CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials, familiarise yourself with: <ul style="list-style-type: none"> ○ Macronutrients: Food source, function, guidelines, how to choose ○ Energy balance concept ○ Special nutrition considerations ○ Supplements • Review in-class assignment: Case study Andrew • Complete tutorial assignment 	3 hours	
15	Behaviour Change and Motivation	Online/CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials • Understand health belief model and self-efficacy • Identify stages of change and how to promote change • Perform decisional balance activity on an action that you are currently in the contemplation stage • Understand concept of operant conditioning, behavioural shaping, and cognitive behavioural techniques • Review in-class assignment: <ul style="list-style-type: none"> ○ Likelihood of behaviour change ○ Readiness to change 	3 hours	
16	Effective Communication and Goal Setting Techniques	Online/CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials • Review stages of client-trainer relationship • Review in-class assignment: <ul style="list-style-type: none"> ○ Initial interview session ○ SMART goals ○ Providing feedback 	3 hours	
17	Programming for Special Populations and Musculoskeletal Injuries	Online/CLR	<ul style="list-style-type: none"> • Read session handouts and google classroom course materials, familiarise yourself with: <ul style="list-style-type: none"> ○ Each condition and its sign & symptoms ○ How exercise and nutrition can help to manage the condition ○ Recommendations and contraindications ○ Modify programs based on guidelines 	3 hours	

18	Exam Review	Online/CLR	<ul style="list-style-type: none"> Complete revision by reading course manual, session handouts and all course materials in google classroom to prepare for the theory exam 	30 hours	
19	Practical Exam	Gym			
20	Practical Exam	Gym			
21	Theory Exam	CLR			Complete all training sessions and submit reports via google classroom before submission due date (theory exam day)

Learning Materials

- Certified Fitness Practitioner digital manual and course slide handouts
- Access to E-learning platform via Google Classroom for CFP (and ACE - only in Malaysia)

Note: E-learning platform via Google Classroom will be available for access upon registration and is valid for 1 year (from the start date of the course). Digital manual and slide handouts are available on Google Classroom.

Awards

Module 1 – Fitness Instructor (Exercise Coaching)

Upon completing the course, passing the exam, and meeting all the requirements to coach exercises, you will be awarded the *Certified Fitness Practitioner Module 1 – Fitness Instructor* certificate by Fitness Edutraining Asia (FEA).

CPR & AED - Basic Life Support

Upon meeting all requirements of this workshop, you will be awarded a Certificate of Course Completion. This certification has a 2-year validity.

Module 2 - Personal Trainer

Upon completing the course, passing the exam, and meeting all the requirements to assess, design and implement health and fitness programmes for apparently healthy adults, you will be awarded the *Certified Fitness Practitioner – Personal Trainer (EQF Level 4)* certificate by Fitness Edutraining Asia (FEA).

To receive the *Certified Fitness Practitioner – Personal Trainer (EQF Level 4)* certificate, you must pass both Module 1 and Module 2 exam.

Grading Criteria

Module 1 – Fitness Instructor (Exercise Coaching)

- Theoretical
 - 60 Multiple Choice Questions - 40%
You are given 90 mins to complete this proctored onsite (face to face) exam. You are required to bring your own laptop or tablet (mobile phones are prohibited in the exam).
- Practical
 - Exercise Demonstration - 20%
Upon completing the course, you are required to submit a video of yourself demonstrating how you perform the 5 appointed exercises. You will be evaluated based on the standards presented in class.
 - Exercise Coaching - 40%
Upon completing the course, you are required to submit a video of yourself coaching a beginner exerciser 5 selected exercises. You will be evaluated based on the standards presented in class.

Passing requirement: $\geq 70\%$

Gold award: $\geq 90\%$ (1st attempt only)

Results will be announced via email 3 weeks from exam submission deadline. Successful candidates will receive digital certificate via email. If you did not achieve a passing score, you have 2 retake attempts; first is complimentary and second retake will be RM350 (inclusive of 60 minutes online additional coaching by FEA Edutrainer). Feedback for exam performance will not be given. All retakes have to be completed within 3 months from initial exam submission deadline. Request for detailed review of scoring will not be entertained. Candidates who do not achieve a passing score should review our scoring rubrics or grading criteria established in the course and manual prior to their retake.

CPR & AED – Basic Life Support

The instructor will provide a live onsite (face to face) skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios

Requirements are as such:

- Full attendance
- Completion of workshop/course
- Passing all evaluations

Module 2 - Personal Trainer

- Module 1 Exam Score – 20%
 - The theory examination date of Module 2 must be within 365 days from the Module 1 certification date. You will need to take the Module 1 examination again if it is more than 365 days. You can retake the Module 1 exam at RM 300. Upon successful completion, you will be re-issued a new *FEA Certified Fitness Practitioner Module 1 – Fitness Instructor* digital certificate.
- 100 Multiple Choice Question - 50%
 - You are given 120 mins to answer this proctored onsite (face to face) exam. You are required to bring your own laptop or tablet (mobile phones are prohibited in the exam).
- Compulsory passing of Practical Exam
 - You will be evaluated in program implementation which includes: training methods and delivering a complete workout session.
- Live Case Study - Programme Design – 30%
 - Have a real client and lead this client through the personal training process.
 - Complete a guided report and submit by theory examination date
 - *refer to 'Topics covered' for Live Case Study timeline

Passing requirement: $\geq 70\%$

Gold award: $\geq 90\%$ (1st attempt only)

Domain	Exam Outline Domain	No. of Questions	%
1	Basic and Applied Sciences and Nutritional Concepts	30	15%
2	Interviews and Assessments	30	15%
3	Client Relations, Behavioural Coaching and Programme Adherence	25	12.5%
4	Professional Development and Responsibility	15	7.5%
	Total from CFP M2 Multiple Choice Questions	100 Q	50%
5	Live Case Study - Programme Design		30%
6	Exercise Guidelines, Technique and Training Instruction (CFP Module1)		20%
	Total		100%

Results will be announced via email 3 weeks from exam submission deadline. Successful candidates will receive digital certificate via email. If you did not achieve a passing score, you have 2 retake attempts; first is complimentary and second retake will be RM350 (inclusive of 60 minutes online additional coaching by FEA Edutrainer). Feedback for exam performance will not be given. All retakes have to be completed within 3 months from initial exam submission deadline. Request for detailed review of scoring will not be entertained. Candidates who do not achieve a passing score should review our scoring rubrics or grading criteria established in the course and manual prior to their retake.

Note:

Grading criteria has been established in the course and in the manual. Candidates who meet the pre-requisites prior to joining the course and who successfully completed this course will have a better chance of passing examination.

The grading criteria is to ensure you will meet the minimum standards expected in the fitness industry. This means that candidates who do not receive a passing score, did not meet the requirements to carry out safe and effective exercises and programmes, which will be expected by clients and health/fitness club employers thus we are unable to certify you as our goal is to uphold the industry standards. We strictly do not honor any request for leniency.

Course Availability

Module 1 – All countries in Asia

Module 2 – Currently only available in Malaysia

EREPS Membership

Upon earning the FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4) certificate, you will be eligible to join EREPS. FEA CFP graduates will get their first year annual registration fee complimentary from FEA (original fee: €30 Euro per year). To renew your membership, complete 10 hours of lifelong learning or continued career development activity for each year of your membership. Further details can be found here: <https://www.ereps.eu/llp/directory>

This is a stipulation of the EREPS Code of Ethical Practice:

https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS_Code_Of_Practice_March21.pdf.

When your application and payment are received they will be checked for compliance and equivalency against the EuropeActive standards, and a status of registration will be awarded. If your application for registration is successful you will be sent an email of confirmation together with a unique Certificate of Registration which will detail the main occupation and EQF equivalent level. This information will be added to EREPS website Directory of Members. Your certificate also confirms compliance with EREPS Code of Ethical Practice, and when membership expires.

Dress Code

Fitness attire

What Do I Need to Bring?

Stationery and a spare change of clothes

Laptop or mobile devices for online guided-learning, self-learning and exams

Course Capacity

A minimum of 12 pax and a maximum of 24 pax. Maximum capacity may be subjected to venue and standard operating procedure of COVID-19 pandemic.

Language

English, Mandarin

Exam Domain for FEA Certified Fitness Practitioner – Personal Trainer

Domain 1: Basic and Applied Sciences and Nutritional Concepts 15%

Knowledge of: -

1. Concepts and structures of anatomy, including the nervous system, muscular system, skeletal system, cardiorespiratory system, and endocrine system
2. Functions of exercise physiology related to:
 - a. nervous system
 - b. muscular system
 - c. skeletal system
 - d. endocrine system
 - e. cardiorespiratory system
 - f. digestive system
 - g. bioenergetics and exercise metabolism
3. Functional biomechanics (such as levers, force, torque)
4. Principles of human movement science related to:
 - a. planes of motion (sagittal, frontal, and transverse)
 - b. muscle action spectrum (isometric, concentric, and eccentric)
 - c. force-couple relationships (agonist, antagonist, synergist, and stabilizer)
 - d. length-tension relationship
 - e. stretch-shortening cycle
 - f. reciprocal inhibition and autogenic inhibition
 - g. joint actions (such as rotation, flexion, extension)
5. Macronutrients (carbohydrates, protein, and fat)
6. Micronutrients (vitamins and minerals)
7. Hydration concepts and guidelines
8. Recommendations and guidelines for caloric intake and expenditure
9. Energy systems (ATP-PC System, glycolytic, and oxidative)
10. Exercise post-oxygen consumption [EPOC]
11. Units of energy measurement (kcal and calories)
12. Dietary reference intakes
13. Portion sizes, meal timing, and meal frequency
14. Nutrient and energy density
15. Crash/fad/myth diets
16. Common nutritional supplements including possible risks, benefits, uses, and effects
17. Food and supplement label reading
18. Factors that can influence weight management physiology (such as the law of thermodynamics, poor sleep, endocrine abnormalities, medications, metabolism)

Domain 2: Interviews and Assessments 15%

Obtain relevant health and lifestyle information necessary for successful program design and outcomes.

TASK 1: Obtain comprehensive health, medical, exercise, and lifestyle information using questionnaires, interviews, and appropriate documents to determine risk for exercise participation, identify the need for medical clearance and referrals, and facilitate program design.

TASK 2: Identify and evaluate the quality of foundational movements through observations and assessments to develop appropriate exercise programming that enhances function, health, fitness, and performance.

TASK 3: Select and conduct baseline physiological assessments based on client interviews, questionnaires, and standardized protocols to facilitate safe and effective program design and monitor changes over time.

Domain 3: Client Relations, Behavioral Coaching and Programme Adherence 12.5%

Develop rapport with clients, facilitate lifestyle and behavioral change through education, monitoring and communication strategies as well as to promote client adherence and ensure progress toward goals.

TASK 1: Establish and maintain professional client-trainer relationship using techniques such as rapport building, active listening and communication strategies

TASK 2: Assess client readiness for behavior change and evaluate exercise attitudes and beliefs through effective communication to build rapport and establish appropriate goals.

TASK 3: Promote program adherence through motivation, education, and modification to achieve client goals.

TASK 4: Recognize and respond to lapses in program adherence by identifying barriers and providing solutions to ensure consistent client engagement.

Domain 4: Professional Development and Responsibility 7.5%

Fulfill professional responsibilities through continuing education, collaboration with allied health professionals, and adherence to industry standards and practices necessary to protect clients, facility operators, and the personal trainer.

TASK 1: Apply risk-management strategies in accordance with recognized standards, guidelines, laws, and regulations to protect the client, personal trainer, and other relevant parties to minimize liability.

TASK 2: Document and secure client data, communications, and progress in accordance with legal and regulatory requirements to maintain confidentiality and minimize liability.

TASK 3: Enhance competency by using credible resources to stay current with evidence-based research, theories, and practices.

TASK 4: Prevent injury by identifying and reporting potential hazards in accordance with recommended industry or facility protocols.

TASK 5: Adhere to applicable professional standards, guidelines and regulations and codes of conduct

TASK 6: Act within the CPT scope of practice (such as respecting occupational limitations, referring clients to other professionals when necessary)

Domain 5: Programme Design 30%

Create individualized programs that promote healthy behaviors through exercise, nutrition, education, and coaching.

TASK 1: Establish appropriate functional, health, fitness, or performance goals by interpreting client interview and assessment data to design personalized exercise programs.

TASK 2: Design personalized exercise programs by applying appropriate exercise principles and guidelines to enhance cardiorespiratory fitness, muscular strength and endurance, and flexibility.

TASK 3: Select appropriate exercises and equipment and integrate them into client programs in accordance with evidence-based research to improve function, health, fitness, and performance.

TASK 4: Routinely evaluate progress by using data, observations, and client feedback to modify programs as needed.

Domain 6: Exercise Guidelines, Technique and Training Instruction 20%

TASK 1: Instruct clients on safe and effective equipment use and exercise techniques using verbal, visual, and kinesthetic cues to achieve program goals.

TASK 2: Apply the knowledge and demonstrate safe and effective exercise techniques based on knowledge of the musculoskeletal system and biomechanical concepts as they relate to movement and exercise

TASK 3: Observe clients who are exercising and suggest corrections and adaptations as necessary to ensure techniques and procedures (posture, range of motion, control, timing and form) are safe and effective

TASK 4: Work within the parameters, recognising the standards and professional limitations that this provides, and ensuring essentials personal skills and knowledge to be a fitness instructor are maintained and updated.