

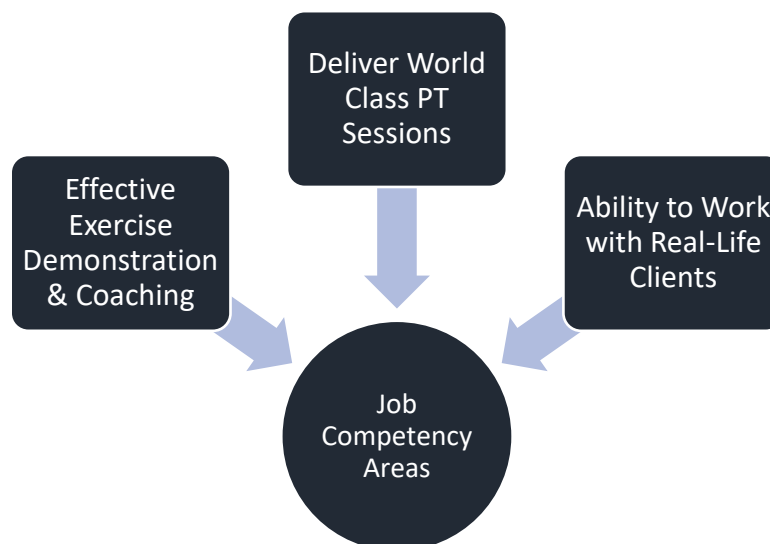
FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4)

The Revolutionary Personal Training Certification

More Than Just a Personal Trainer Certification

The FEA Certified Fitness Practitioner (Personal Trainer), or CFP, is not just your regular personal trainer certification program. It is a **job-based training and certification program** designed to produce highly employable and certified fitness professionals of international standards. To achieve its objective, the course delivery balances between academic focus and vocational learning.

The grading criteria are established based on international job analysis study and job competency. Three major job competency areas are emphasized and evaluated as part of the grading criteria. These skills include demonstrating and coaching individual exercises, delivering effective personal training sessions, and the trainers' ability to work with real-life clients, encompassing initial rapport building, interviews, assessments, program implementation, and adjustments through a live case study.



FEA Certified Fitness Practitioner Job Based Grading Criteria

Accreditation

Fitness Edutraining Asia (FEA) is the first fitness certification provider in Southeast Asia to receive approval from the EuropeActive Standards Council. This certification signifies that the FEA CFP meets the standards of practice in Europe and is equivalent to the EQF Level 4 Personal Training certification standards. FEA CFP graduates have the privilege of joining the European Register of Exercise Professionals (EREPS), which is a database of exercise professionals referenced by more than 10,000 clubs throughout Europe during the hiring process.



As an added benefit, upon completion of this course, you will be well-prepared to pursue other internationally recognized personal trainer certification exams, such as the American Council on Exercise (ACE) which is a NCCA-accredited certification. NCCA is a third-party standard for accreditation of certifications for exercise professionals in USA. Our comprehensive curriculum ensures that you acquire the necessary knowledge and skills to meet the highest competencies set by these esteemed organizations.



Course Developers

Fitness Edutraining Asia (FEA) is a fitness education provider based in Asia. Established since 2018, FEA aims to provide training and education opportunities to fitness professionals in Asia through international standard certification and continuing education courses. FEA courses are widely known as job-based, relevant, language-friendly, and affordable.

This certification is the brainchild of Jerrican Tan (MSc, NSCA CSCS-CPT, ACE CPT-MES-HC, NASM CPT-CES, ISSN SNS), a renowned fitness education specialist, who has extensive experience in fitness education (including business, academic, and Edutainer development) in the Asian fitness industry. Jerrican, who has previous experience in personal training and fitness management, strongly believes that academic focus alone does not justify a personal trainer certification. Graduates need to undergo job training and evaluation before being certified.



The course development process is greatly supported by Fabio Comana (M.A., M.S., NASM CPT, CES and PES; NSCA CSCS; ACE-CPT and HC; ACSM EP-C; USAW1; CISSN), an Exercise Physiologist, the Creator of ACE IFT Model, a Faculty Instructor of NASM, and one of the most sought-after fitness presenters in the world. Also involved is Yeoh Ee Ling (ACE PT-HC-MES, NASM PT-FNS), a trained Dietitian, Fitness Education Specialist, ACE Master Instructor, and Trainer of Edutrainers in Asia



Edutrainers

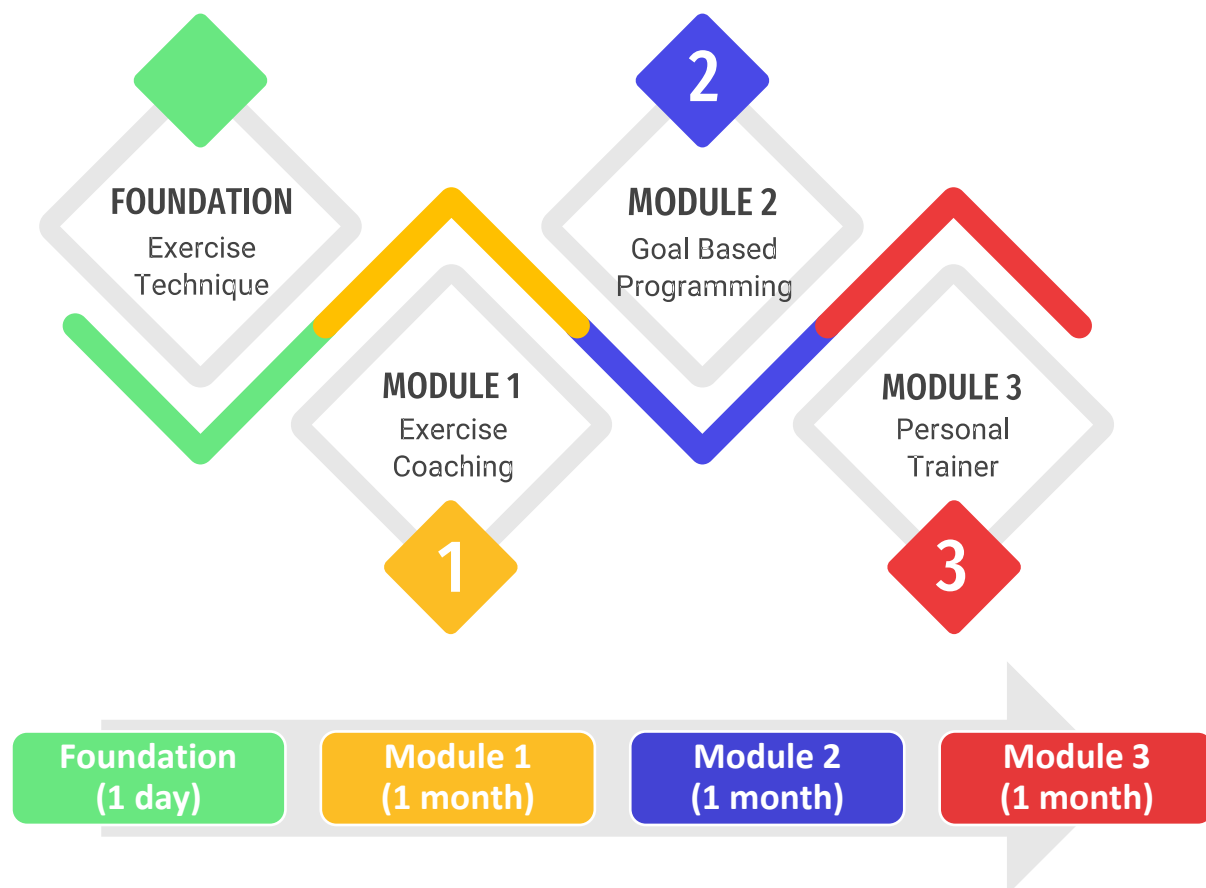
The Edutrainers approved to deliver this certification course are the best individuals to assist you in learning and training. They all have extensive experience in the field of personal training, hold relevant industry certifications and/or degrees, and their teaching skills have been reviewed and evaluated through the FEA Edutrainer Excellence Programme.



Process

There are 4 stages in this training and certification programme.

FEA CERTIFIED FITNESS PRACTITIONER - PERSONAL TRAINER (EQF LEVEL 4)



FEA CFP Course Timeline

Foundation - Exercise Technique for Fitness Professional

The aim is to build a solid understanding of exercise techniques. The main objective is not just to be able to perform the exercises, but to learn how to describe the proper setup position for each major exercise, understand which joints provide stability and which joints are in motion, and articulate the necessary movements during the execution phase. Moreover, you will also receive training to assess whether the exercises are being performed correctly as you advance through the repetitions. This stage is optional for individuals who do not have any structured or formal training in resistance training.

Topics Covered: -

Session	Guided Learning Topics
1	Fundamentals of Exercise Technique Dynamic Stretch Core and Trunk Exercises Lower Body Exercises
2	Upper Body Push Exercises Upper Body Pull Exercises Static Stretch

Topics Covered in Exercise Technique for Fitness Professionals

Module 1 - Fitness Instructor (Exercise Coaching)

The program focuses on enhancing students' ability to deliver clear and effective instructions for exercise setup and execution, as well as their proficiency in assessing movements. Participants will be introduced to the FEA A.C.T Resistance Training Method, which provides a framework for coaches to progressively advance their clients' exercises.

The program offers a comprehensive collection of exercises for each fundamental movement, organized by difficulty level. This resource enables fitness practitioners to recommend specific exercises that are most suitable for their clients. In terms of cardiorespiratory training, participants will learn about the FEA 4 Zones Cardiorespiratory Training Model, which enables them to choose a training approach tailored to their clients' needs and objectives. Additionally, participants will gain an understanding of the essential components of a workout session, including how to design enjoyable and purposeful routines for clients at various skill levels (beginner, intermediate, and advanced). These routines are based on applied exercise science and internationally recognized training guidelines.

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

FEA A.C.T Resistance Training Method

Topics Covered: -

Session	Guided Learning Topics
1	Introduction & A.C.T Resistance Training Method: "CONTROL" – Lower Body Exercise Techniques and Coaching Cues
2	A.C.T Resistance Training Method: "CONTROL" – Upper Body Exercise Techniques and Coaching Cues
3	A.C.T Resistance Training Method: "ALIGN"
4	Muscle Group Training & Movement Progression
5	A.C.T Resistance Training Method: "TRAIN", Spotting Techniques & Cardiorespiratory Training
6	Designing General Workout Session
7	Exercise Coaching: Instructional Skills
8	Exercise Coaching: Instructional Skills & Exam Review

Topics Covered in FEA CFP Module 1

Module 2 – Goal Based Programming

Equipped with a library of exercises, guidelines, and coaching skills, participants are then ready to design and implement personalized programmes that help clients achieve their goals. In this module, participants will learn how to manage common client goals, including movement preparation, health, fitness, hypertrophy, and fat loss, by leveraging the FEA G.B.T. Model's four key components: resistance training, cardiorespiratory training, lifestyle strategies, and nutrition strategies. Additionally, participants will discover how to effectively monitor and track client progress, enabling them to adjust programmes as necessary to ensure optimal results.



Topics Covered:-

Session	Guided Learning Topics
1	FEA G.B.T. Model - "PREPARE" and "HEALTH" Programme
2	FEA G.B.T. Model - "FITNESS" Programme
3	FEA G.B.T. Model - "HYPERTROPHY" & "FAT LOSS" Programme
4	Delivering a World-class Personal Training Session
5	FEA G.B.T. Model - Making it Personal (Client Assessment)
6	FEA G.B.T. Model - Making it Personal (Client Assessment)
7	FEA G.B.T. Model - Making it Personal (Programming)
8	Practical Summative Assessment

Topics Covered in FEA CFP Module 2

Module 3 - FEA Certified Fitness Practitioner - Personal Trainer (EQF Level 4)

We conclude the certification program by ensuring that as a professional and certified personal trainer, you possess a comprehensive understanding of applied exercise science and programming guidelines. This entails delving into the intricacies of human anatomy, physiology, biomechanics, bioenergetics, health psychology, behaviour change principles and communication techniques. By acquiring this knowledge, you will be equipped to minimize the risk of client injuries and create training programs that are both safe and effective, supported by scientific principles and evidence. Ultimately, this will enable you to deliver exceptional results for your clients. Moreover, this expertise will lend you credibility within the industry and open doors for further advancement in your career as a fitness professional.



Topics Covered:-

Session	Guided Learning Topics
1	The Professional Personal Trainer, Ethics, Legal and Business
2	Anatomy and Physiology
3	Resistance Training – Biomechanics, Planes and Muscle Actions
4	Bioenergetics and Nutrition
5	Behaviour Change and Motivation
6	Effective Communication and Goal Setting Techniques
7	Programming for Special Population and Musculoskeletal Injuries
8	Exam Review

Topics Covered in FEA CFP Module 3

Who Will This Benefit?

- Fitness enthusiasts who meet the prerequisites listed below
- Fitness professionals who want to obtain a certification or build a strong foundation in training
- Strength and conditioning professionals

Note: To fully benefit from this course, fitness enthusiasts should have pre-existing knowledge and skills in resistance training and flexibility exercises, such as knowledge of exercise names, muscles involved, techniques, and how to design a workout session, regardless of whether it is correct or incorrect.

Pre-requisite

Exercise Technique for Fitness Professionals (CFP Foundation Course)

- Fitness Enthusiasts with at least 12 months experience in resistance, flexibility, and mobility training

Module 1 – 3

- Completion of Exercise Technique for Fitness Professionals (CFP Foundation Course) is highly recommended
- 18 years old and above
- Possess a current and valid Adult CPR & AED certification (*the training & evaluation will be offered during this certification course*)
- Completed high school; college or university graduates will have an added advantage
- This is a train-the-trainer course and not a course to develop personal fitness, health or exercise movement/techniques. To benefit fully and be successful in this course, you should possess the following prior to joining: -
 1. A minimal level of cardiorespiratory fitness (able to complete moderate intensity cardiorespiratory exercise for at least 20-30 minutes)
 2. The ability to perform to following exercises: bodyweight squat, static lunges, conventional deadlift, barbell hip thrust, bench press, barbell/dumbbell bent-over rows, seated rows, push-ups, barbell/dumbbell standing/seated shoulder press and lat-pull down with minimal supervision and feedback.
 3. Knowledge of the prime mover(s) for exercises in point 2 above.
 4. Knowledge of how to stretch all major muscle groups.
 5. Experience developing a structured exercise programme (cardiorespiratory, resistance and flexibility training) for yourself.
 6. Currently an independent exerciser (do not require supervision)

If you currently do not meet all the requirements stated above, you may want to consider hiring a fitness practitioner or personal trainer to assist you. Let us know if you need a recommendation.

Course Duration & Timeframe

Below shows an estimated timeframe to complete and obtain the FEA Certified Fitness Practitioner – Personal Trainer (EQF-Level 4) certification.

Total Guided Learning Hours: 93 hours

	Month 0	Month 1				Month 2				Month 3			
	Week 1	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Exercise Technique for Fitness Professionals (CFP Foundation Course)*	9 hrs (1 day)												
CFP M1 – Fitness Instructor		Guided learning: 28 hrs (4 days) Self-learning: 87 hrs (estimated)			Exam								
CFP M2 – Goal Based Programming						Guided learning: 28 hrs (4 days) Self-learning: 102 hrs (estimated) Exam Preparation: 20 hours (estimated)			Exam				
CFP M3 – Personal Trainer										Guided learning: 28 hrs (4 days) Self-learning: 112 hrs (estimated) Live case study: 20 hrs (estimated)			Exam

Total Self-learning Hours: 301 hours

* Exercise Technique for Fitness Professionals (CFP Foundation Course) is an optional course and is recommended to be taken prior to attending Module 1.

While course attendance is not mandatory, we strongly encourage active participation as it plays a pivotal role in maximizing the benefits of the FEA CFP certification program. This certification is designed to focus on practical skills essential for success in a professional setting. Attending classes provides a valuable opportunity to engage directly with the course material, participate in hands-on activities, and hone the skills required for certification. The classroom setting facilitates dynamic interactions with EduTrainers, fosters collaborative learning with peers, and enhances the overall learning experience. Although not compulsory, regular attendance is highly recommended to ensure participants gain the practical insights and knowledge necessary for excelling in a job-oriented context.

Learning Materials

- Certified Fitness Practitioner digital manual and course slide handouts
 - To minimize paper waste and embrace sustainable practices, all course slide handouts are now downloadable from Google Classroom, fostering a culture of digital learning and environmental responsibility.
- Access to E-learning platform via Google Classroom for CFP (and ACE - only in Malaysia)

Note: The e-learning platform via Google Classroom will be accessible at least 14 days prior to the course date and will remain valid for one year from the course start date. Digital manuals and slide handouts are also available on Google Classroom.

Awards

Exercise Technique for Fitness Professionals (CFP Foundation Course)

Upon completing the course, you will be awarded a certificate of completion for *Exercise Technique for Fitness Professionals* by Fitness Edutraining Asia (FEA).

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 *FEA Certified Fitness Practitioner Module 1 – Fitness Instructor* certificate by Fitness Edutraining Asia (FEA).

Adult CPR & AED (Malaysia only)

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 – Goal Based Programming

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 *FEA Certified Fitness Practitioner Module 2 – Goal Based Programming* certificate by Fitness Edutraining Asia (FEA).

Module 3 – Personal Trainer

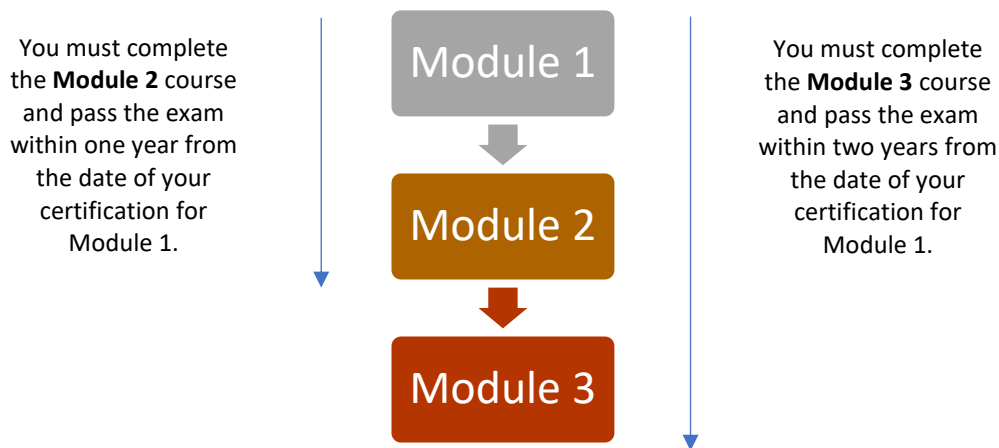
Upon completing the course and passing all modules exam you will be awarded the *FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4)* certificate by Fitness Edutraining Asia (FEA).

Exam Components & Grading Criteria

	Exam Components	Method of Testing	Contributions
Exercise Technique for Fitness Professionals (CFP Foundation Course)	This course does not include any formal evaluation or assessment components.		
Module 1	Theory Exam (Multiple Choice Exam)	Online	40%
	Practical Exam (Exercise Demonstration)	Submission via Google Classroom	20%
	Practical Exam (Exercise Coaching)	Submission via Google Classroom	40%
	To pass the Module 1 exam, you must achieve a total score of at least 70%.		
Module 2	Module 1	-	Compulsory Passing
	Case Study	Online	100%
	Practical Summative Assessment	Live Online (for retakes only)	Compulsory Passing
	To pass the Module 2 exam, you must achieve a total score of at least 70%, pass Module 1 and the Practical Summative Assessment		
Module 3	Compulsory Passing of Module 1	-	30%
	Compulsory Passing of Module 2 (Case Study)	-	20%
	Theory Exam (Multiple Choice Exam)	Online	50%
	Live Case Study	Submission via Google Classroom	Compulsory Passing
	Practical Summative Assessment (Module 2)	-	Compulsory Passing
	To pass the Module 3 exam, you must achieve a total score of at least 70% and pass both Module 1 and 2		

Exam Components & Grading Criteria for FEA CFP Certification

Timeframe to Complete FEA CFP Certification



Note: If you have exceeded the designated timeframe, you will be required to retake the relevant exam(s). Kindly be aware that a fee is applicable for retaking the exam(s), and for further details, you can reach out to your local provider.

Module 1 – Fitness Instructor (Exercise Coaching)

- Theory Exam
 - 60 Multiple Choice Questions - 40%

You will have 90 minutes to complete the online proctored exam. The theory exam is typically scheduled for 3 weeks from the start date of the course (4th week from course commencement). Exam candidates must register for the Module 1 exam by the last day of the course. Computer system set-up is required. For more information, please refer to the 'Exam Procedures' section below.
- Practical Exam
 - Exercise Demonstration - 20%

At the end of the course, you are required to submit a video of yourself demonstrating 5 exercises (options will be given). You will be evaluated based on the standards presented in class. Submission is due on the same day of the theory exam.
 - Exercise Coaching - 40%

At the end of the course, you are required to submit a video of yourself coaching a beginner exerciser 5 exercises (options will be given). You will be evaluated based on the standards presented in class. Submission is due on the same day of the theory exam.

Passing requirement: $\geq 70\%$

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

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is

not achieved, candidates are allowed two retake attempts. Kindly email helpmelearn@fea.group to request for a retake. Please be aware that retakes are subject to a fee, which can be found in the details provided by your local provider. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

Adult CPR & AED (Malaysia only)

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 – Goal Based Programming

- Compulsory passing of Module 1
- Compulsory passing of Practical Summative Assessment
 - There will be an assessment of your ability to conduct a full personal training session, focusing on four key components:
 - Technical knowledge
 - Coaching skills
 - Leadership qualities
 - Time management
 - The assessment is conducted during session 8 of Module 2. If you receive a 'REFER' on your first attempt, you will be given a chance to reattempt before your exam deadline. This reattempt will not be counted as a retake.
 - All reattempts and retakes are to be filmed and submitted via Google Classroom.
- Case Study – 100%
 - You will have 120 minutes to complete the online proctored exam.
 - You will be presented with a client scenario, and you will need to demonstrate your understanding of FEA Goal-Based Training (G.B.T) Model by answering questions related to assessments, strategies and programming.
 - The exam is typically scheduled for 3 weeks from the start date of the course (4th week from course commencement). Exam candidates must register for the Module 2 exam by the last day of the course. Computer system set-up is required. For more information, please refer to the 'Exam Procedures' section below.

Passing requirement: $\geq 70\%$ and passing both Module 1 and Practical Summative Assessment
Gold award: $\geq 90\%$ and Passing Practical Summative Assessment (1st attempt only)

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts. Kindly email helpmelearn@fea.group to request for a retake. Please be aware that retakes are subject to a fee, which can be found in the details provided by your local provider. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

Module 3 - Personal Trainer

- Theory Exam
 - 100 Multiple Choice Question - 50%
You will have 120 minutes to complete the online proctored exam. The theory exam is typically scheduled for 3 weeks from the start date of the course (4th week from course commencement). Exam candidates must register for the Module 3 exam by the last day of the course. Computer system set-up is required. For more information, please refer to the 'Exam Procedures' section below.
- Compulsory passing of Module 1 – 30%
 - Your exam score from Module 1 will contribute 30% to your Module 3 total exam score.
- Compulsory passing of Module 2 – 20%
 - Your case study score from Module 2 will contribute 20% to your Module 3 total exam score.
 - You must pass the Practical Summative Assessment from Module 2
- Live Case Study – Compulsory Passing
 - As part of the certification requirements, you are required to complete a Live Case Study. This involves working with a real client and leading them through the personal training process. In addition to this, you are required to submit a guided report via Google Classroom before the submission deadline which is scheduled on the same day as the theory exam.

Passing requirement: $\geq 70\%$ and passing both Module 1 and Module 2
Gold award: $\geq 90\%$ and passing Live Case Study (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 M3 Multiple Choice Questions	100 Q	50%
5	Programme Design	Case Study (CFP M2)	20%
		Live Case Study (CFP M3)	Compulsory Passing
6	Exercise Guidelines, Technique and Training Instruction	Exercise Coaching (CFP M1)	30%
		Practical Summative Assessment (CFP M2)	Compulsory Passing
	Total		100%

FEA CFP Certification Exam Domains & Job Based Evaluation

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts. Kindly email helpmelearn@fea.group to request for a retake. Please be aware that retakes are subject to a fee, which can be found in the details provided by your local provider. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

Note:

Grading criteria have 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 the 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. Therefore, we are unable to certify you as our goal is to uphold the industry standards. We strictly do not honour any request for leniency.

Course Availability

Exercise Technique for Fitness Professionals (CFP Foundation Course) - All countries in Asia

Module 1 – All countries in Asia

Module 2 – All countries in Asia

Module 3 – 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. As a FEA CFP graduate, you will receive a complimentary annual registration fee for the first year from FEA (original fee: €40 Euro per year). To renew your membership, you will need to complete 10 hours of lifelong learning or continued career development activity for each year of your membership. Additional information can be found at <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](https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS_Code_Of_Practice_March21.pdf).

Once you submit your application and payment for registration, they will be reviewed for compliance and equivalency with the EuropeActive standards. If your application is approved, you will receive an email confirmation along with a unique Certificate of Registration that specifies your main occupation and EQF equivalent level. Your information will also be added to the EREPS website's Directory of Members. The certificate confirms your compliance with the EREPS Code of Ethical Practice and includes your membership expiration date.

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.

Language

English, Mandarin

Exam Procedures

	Exam Components	Method of Testing	Contributions
Exercise Technique for Fitness Professionals (CFP Foundation Course)	This course does not include any formal evaluation or assessment components.		
Module 1	Theory Exam (Multiple Choice Exam)	Online	40%
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	Practical Exam (Exercise Coaching)	Submission via Google Classroom	40%
	To pass the Module 1 exam, you must achieve a total score of at least 70%.		
Module 2	Module 1	-	Compulsory Passing
	Case Study	Online	100%
	Practical Summative Assessment	Live Online (for retakes only)	Compulsory Passing
	To pass the Module 2 exam, you must achieve a total score of at least 70%, pass Module 1 and the Practical Personal Training Session		
Module 3	Compulsory Passing of Module 1	-	30%
	Compulsory Passing of Module 2 (Case Study)	-	20%
	Theory Exam (Multiple Choice Exam)	Online	50%
	Live Case Study	Submission via Google Classroom	Compulsory Passing
	Practical Summative Assessment (Module 2)	-	Compulsory Passing
	To pass the Module 3 exam, you must achieve a total score of at least 70% and pass both Module 1 and 2		

Exam Components & Grading Criteria for FEA CFP Certification

The Module 1 (Theory) and Module 2 (Case Study) exam is typically scheduled for 2-3 weeks after the completion of the course, and exam candidates must register for the respective module exams by the last day of each module.

Online Proctored Exam	
Exam Date & Time	Scheduled
Exam Location	Anywhere (exam candidate must meet the environment requirement)
Device required	<ul style="list-style-type: none">• Laptop with webcam• Smartphone with camera
Set-up required prior to exam	Yes

Online Exam Requirements

Equipment

- You will need a computer with a webcam and reliable internet connection access.
- Your computer must have a compatible operating system: Windows 10 onwards, macOS 10.11 onwards.
- Please note: Tablets/iPads, dual/multi monitors and projectors are not allowed to be used as testing device.
- You will need to have your webcam on throughout the exam.
- You may need to use your mobile device as a secondary video camera during the exam.
- You will need to switch your phone into "Flight Mode".

Environment and Attire

- Make sure you are in a bright and well-lit, quiet, and private room to minimize distractions and ensure clear visibility
- Ensure that your background and desk are clean and organised; otherwise the exam proctoring system might detect prohibited objects leading to interruptions in the exam progress
- Do not use any virtual backgrounds or overlays that may interfere with the proctor's observation.
- Pets, family members and other individuals are strictly prohibited in the room during the examination.
- Do not wear hats, caps, or anything that obscures your face or hinders facial recognition
- Do dress appropriately and maintain a professional appearance.
- No toilet breaks are allowed during the exam.

Things to bring:

- Please have your ID/passport ready for examination verification.

Not allowed:

- iPods, MP3 players, headphones, cameras, smartphones, secondary screen, recording devices and watches (including smartwatches) are not allowed.
- No food is allowed during the examination and smoking is not permitted at any time.
- Personal writing utensils, including paper, pencils and books are not allowed.
- Reading the questions out loud during exam is not permitted.

Strict Adherence to Exam Procedures

To ensure a smooth exam experience, it is of utmost importance to complete all necessary computer settings well before the exam day. It is crucial to avoid any potential disruptions during the exam. If the system or the proctor detects any suspicious activity, the exam will be terminated without hesitation and FEA's decision will be final. In such cases, a comprehensive report on the exam termination will be sent via email from helpmelearn@fea.group within 7 working days following the exam termination.

In the event of an exam termination, students will be granted a second attempt, regular exam fee is applied. Alternatively, they can choose to accept a score of '0' for the terminated attempt and proceed to their first retake. It is essential for students to respond promptly within 7 days upon receiving the termination report to indicate their preferred option for the reattempt. By adhering to these guidelines and promptly addressing any issues, we can ensure a fair and conducive exam environment for all participants.

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 programme 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 programme 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 programme design and monitor changes over time.

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

Develop rapport with clients, facilitate lifestyle and behavioural 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 behaviour change and evaluate exercise attitudes and beliefs through effective communication to build rapport and establish appropriate goals.

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

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

Domain 4: Professional Development and Responsibility 7.5%

Fulfil 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 CFP scope of practice (such as respecting occupational limitations, referring clients to other professionals when necessary)

Domain 5: Programme Design 30%

Create individualized programmes that promote healthy behaviours 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 programmes 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 programmes 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 programmes 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 kinaesthetic cues to achieve programme 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.