

## ADULT CPR & AED

Help to Save Life

### Course Overview

The difference between doing something and doing nothing could mean someone's life or death. As a fitness practitioner, we might face situations where we will need to provide primary care during emergency situations – you never know when you'll be required to perform cardiopulmonary resuscitation (CPR). This course is suitable for fitness practitioners, or anyone with limited or no medical training who needs basic CPR and automated external defibrillator (AED) training to meet job regulations and requirements. All participants will be taught how to respond to life-threatening emergencies by providing primary care according to the American Heart Association (AHA) standards.

Note: Having a valid CPR & AED certificate is required by all individuals who wish to pursue any certification course offered by FITM

### Course Nature (Category 1)

This course is ideal for individuals who want to learn how to provide primary care during emergency situations. Whether you're a fitness practitioner or preparing to become one, it is essential to equip yourself with life-saving emergency skills. This course is also open to non-fitness professionals and do not require prior formal education in exercise science.

### Course Objectives

- Apply the American Heart Association (AHA) standards to perform CPR using a clear, step-by-step approach.
- Demonstrate confidence and competence in CPR skills through an engaging and accessible learning experience.
- Perform hands-on CPR techniques and operate an Automated External Defibrillator (AED) using training equipment and manikins.

### Class Plan (3-Hour Course)

Day	Duration	Topics Covered	Format
1	15 Mins	Introduction to CPR & AED	Theory
	45 Mins	CPR Steps & Procedure	Practical
	15 Mins	AED Application	
	30 Mins	Choking, Spinal Injuries, Shock & Bleeding Management	
	30 Mins	Final Practice	
	60 Mins	Evaluation – Certification	

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

### Learning Materials

Digital course slide handouts

### Pre-requisite

N/A

**Awards**

Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information.

**Grading Criteria / Exam Fee**

The evaluation happens at the final hour of the course; each participant is required to correctly demonstrate all the steps and procedures of CPR & AED based on what has been taught during the course. Participants are allowed up to 2 attempts to be eligible for certification. Participants who did not meet the passing requirements are required to retake the course and evaluation.

Retake fee: RM 100 (USD 25)

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 0.2 CECs

Note: For ACE recertification, certified professionals will be granted 0.4 CECs for holding a valid CPR & AED certificate. You will earn an additional 0.2 CECs by using the CEC number printed on the certificate. However, every CEC number can only be used one time only.

**Dress Code**

Fitness Attire

**What Do I Need to Bring?**

Stationery

**Course Capacity**

6 - 24 pax

**Language**

English, Mandarin. Local language in respective countries may be available.

## Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

<b>Category 1: Health and Fitness Workshops</b>	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> <b>Certificate of Completion</b> — You have attended and completed the course.</p>
<b>Category 2: Primary Certification Courses</b>	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> <b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p>
<b>Category 3: Continuing Education Courses</b>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies</p>

	<p>expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Disclaimer</b> — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<p><b>Category 4: Specialization Courses</b></p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u>  All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> <li>Completed at least one of the following:  <b>FEA Certified Fitness Practitioner – Module 3 OR</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b></li> <li>Completed the prior level (Category 3) of respective courses.</li> <li>Pass all exam components and meet the grading criteria.</li> </ul> <p><u>What Each Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>Disclaimer</b> — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>

The information displayed above is correct during the time of publishing and may subject to change without prior notice.