

## FAQ

### FAQ: AFI Personal Trainer Certification

Q: What makes the AFI Personal Trainer Certification Better than other Personal Trainer Certifications?

A: AFI is the ONLY Personal Training Certification that equally focuses on the business side of personal training and the fitness side. AFI prepares it's Certified Personal Trainers to begin working immediately, while graduates from other personal training programs are completely clueless as to what to truly expect.

The American Fitness Institute is the only school that offers Graduates their own virtual office. As a Graduate, you gain access to the Graduates Only section of the website which includes business tools such as: a printable version of your Certified Personal Trainer Certificate, an email account- You@afitrainer.com, American Fitness Institute business card templates, your own letterhead, charts, graphs, calendars and other tools including a marketing kit to help you be a well prepared professional with an edge over your competition so you can start making money right away.

Q: What types of Certification Courses do you offer?

A: Currently we offer the Two Day Fast-Track Seminar, as well as a Study at your own pace Online Home Study Course. CPR Cardio Pulmonary Respiration and First Aide Certifications and stretching are also available.

Q: How long does it take to complete your course?

A: It depends on the individual, on average two to four weeks. At the Two Day Fast-Track Seminar, you will will learn how to train and sell first hand, then take your final exam online, same as the Online Home Study Course.

A: Is one Certification course better than the other?

Q: It depends on your needs and which way you learn best. Both methods have their advantages. With the Two Day Fast-Track Seminar, you will attend a live seminar and be given examples and demonstrations on the training you will study in your book and Instructors will be available to instantly answer you questions. The Online Home Study Course allows you to study at your own pace and it requires no travel time.

Q: If I choose the online help, can I get help if I need it?

A: Yes. The American Fitness Institute Staff supports any question on the manual by email and by phone. If you have any questions, or trouble understanding any part of the text, live support will be available to you.

Q: What is the cost of your certification course?

A: The complete home study course is \$199. The Two Day Fast-Track Seminar total cost is \$499.

Q: Do you accept credit cards?

A: Yes, we accept all major credit card: Visa, MasterCard, Discover, and American Express, as well as Pay Pal.

Q: What is the passing grade that is required to become an American Fitness Institute Certified Personal Trainer?

A: The American Fitness Institute Final Exam, which consist of 100 multiple-choice questions are valued at one point each. The passing grade is 80%.

Q: How will I gain access to the materials?

A: Once you enroll, you gain instant access to our printable web based manual which improves continually as we continue to add ideas offering better ways to teach and better ways to train. This method is much superior to a book which can be out of date in a matter of weeks. As well, you have access to all the future updates. A hard copy of the textbook is also available, for those who prefer to homestudy.

Q: How soon can I begin testing?

A: You may begin testing as soon as you are enrolled. Quizzes and the Final Exam are graded instantly and the results are logged in your private Member's Zone.

Q: How are the Quizzes and Exams taken?

A: With the Online Home Study Course all Quizzes and Final Exam are timed and taken online on the honor system. The participants in the two-day seminar are able to take the test in person. During testing notes are allowed, but no text books will be opened.

Q: What is passing score on all Quizzes and the Final Exam?

A: The Quizzes will not count toward a final score; they are tools to help you prepare for the Final Exam. Passing score on the Final exam is 80%.

Q: If I score below 80% how soon can I take a re-test?

A: All re-tests will be taken Online. A twenty-four hour period to study is suggested, but there are no restrictions on how soon or how often you can re-test. There is no charge to take a re-test.

Q: Once passing the American Fitness Institute Final exam, how long does it take to receive your certificate?

A: Graduates through AFI's Online Program have instant access to a printable Certificate in the Graduate Zone the moment they pass the Final Exam, a hard copy will be mailed after a copy of their CPR/AED is received.

Q: Besides passing your examination, are there any other requirements?

A: Yes, every student is required to obtain a valid First Aid and CPR certificate Copies of valid certificates must be mailed or faxed to the American Fitness Institutes' office. This will ensure that if any accident or emergency arises, you will be competent in assessing what to do and how to respond.

Q: What do I do once I am certified?

A: Personal Training is a business as well as a skill. You will learn how to sell your service and run your business. Also you will learn how to start, build and maintain your business and begin your new career as a Certified Personal Trainer.

Q: Where can I work?

A: Once you become certified, you aren't just limited to personal training in a gym or health club or home setting. You may also choose to work on a Cruise Ships, at a Spas or Resorts, or in the Corporate sector.

Q: I have never sold anything before, how will I sell Personal Training?

A: Part of the training manual is dedicated to teaching you sales. It is written so you will be comfortable and confident when selling your service and building up your business. We will provide you with all the tools to help you succeed.

Q: How much money can I make?

A: The cost will vary depending on where you live and how much time you put in. There are Personal Trainers who only make \$50 Thousand dollars a year and others who make \$100 Thousand.

Q: How often does a Graduate have to renew and what is required?

A: To maintain your continuing education, students must obtain 2.0 CEU credits. It is advisable to renew your training course bi-annually, and review your CPR/AED every 6 months. CEUs may be obtained in the following three ways:

1. Approved AFI CEC/CEC Courses.
2. 20 Hours Community Service ie. Nursing Home Facility, Hospice, High School or College Level Coaching.
3. 20 Hours Service Student Teaching For AFI Facilities, limited to: NY, NJ, LA, CA

Q: What is the current rate for renewal?

A: The current price for renewal is \$99.00- Renewal prices are subject to change without notice.