



# STUDENT HANDBOOK

## I. INTRODUCTION

GoFitness Academy is a synonym of Fitness from last 10 years. We are a fitness education center with a vision of making each fitness professional educated in their field of work. We aim to provide qualified fitness trainers to the clients through our various fitness programs.

The accreditations of our certifications both nationally and internationally make us one of the most trusted brands in the industry. We have a team of professionals best picked from the industry. We have a promising quality of fitness education and target to reach out all the fitness professionals those looking for knowledge barring the barriers of time and language.

This *GoFitness Academy Candidate Handbook* covers the requirements and processes necessary to earn and then maintain ACE certifications.

## **II. GOFITNESS ACADEMY CERTIFICATION PROGRAMS**

GoFitness Academy has a wide variety of fitness courses that are self sufficient for an existing or a budding fitness trainer to be well equipped with knowledge and variety when serving the clients.

### **1. Foundation Course in Personal Training (English/Hindi)- 2 months**

This is an in-house certification course which is recognized in India and internationally and provides you with the basic knowledge to carry out personal trainings for clients. We have launched this program in both Hindi and English.

### **2. ACE/ACSM preparatory course- 4 months**

This course is designed to prepare you for the ACE/ACSM (international certifications) examination in a systematic and easy manner. This is helpful to the trainers who are willing to provide one-on-one fitness sessions to their clients.

### **3. Foundation course in Yoga - 40 days**

The Yoga course is designed to make the fitness professional well versed with the knowledge to carry out yoga sessions in a one on one or a group setting.

### **4. PowerMoves Aerobics Instructor Course- 2.5 months (weekday); 3 months (weekend)**

The Group Fitness Instructor Certification is designed for health and fitness professionals teaching any form of exercise to apparently healthy individuals in a group setting. This includes step aerobics, floor aerobics, body conditioning and stretching.

### **5. Pilates FLexi-**

#### **a. Level 1- 2 days**

This teaches you the basic of pilates, introduction and exercises

#### **b. Level 2- 1 day**

This focuses on pilates rehab

### **6. Pre and Post natal Specialist- 2 days**

This covers the understanding of this special population, the anatomy during pre and post natal and the exercises.

#### **7. Crossfit Functional Training Level 1- 2 days**

The GoFitness Crossfit Functional Training program gives you the understanding of functional training, how to design it and how it works.

### **III. CERTIFICATION EXAM ELIGIBILITY CRITERIA**

- You must be at least 18 years of age.
- You must have completed high school (or the equivalent).
- You must submit supporting documentation

### **IV. GOFITNESS ACADEMY CODE OF ETHICS**

The GoFitness Code of Ethics governs the ethical and professional conduct of GoFitness Certified Professionals when working with clients, the public, or other health and fitness professionals. Every individual who registers for a GoFitness certification exam must agree to uphold the GoFitness Code of Ethics throughout the exam process and as a professional, should he or she earn an GoFitness certification.

Exam candidates and GoFitness Certified Professionals must have a comprehensive understanding of the code and the consequences and potential public harm that can come from violating each of its principles. The GoFitness Code of Ethics reads as follows:

As an GoFitness Certified Professional, I am guided by theGoFitness Academy's principles of professional conduct whether I am working with clients, the public, or other health and fitness professionals. I promise to:

- Provide safe and effective instruction
- Provide equal and fair treatment to all clients
- Stay up-to-date on the latest health and fitness research and understand its practical application
- Maintain current CPR certificates and knowledge of first-aid services
- Comply with all applicable business, employment, and intellectual property laws
- Uphold and enhance public appreciation and trust for the health and fitness industry
- Maintain the confidentiality of all client information
- Refer clients to more qualified health or medical professionals when appropriate
- Establish and maintain clear professional boundaries

These principles of professional conduct make up the GoFitness Code of Ethics. During the exam registration process, candidates must affirm their agreement to uphold the GoFitness Code of Ethics throughout the GoFitness certification process and in their professional work should they earn a GoFitness certification.

## **V. EARNING A GOFITNESS CERTIFICATION**

IN ORDER TO EARN a GoFitness certification, candidates must first meet the eligibility requirements, and then must register for and pass the certification examination. GoFitness Academy will not grant a certification to any individual based on education and/or experience, as all GoFitness certifications must be earned.

## **VI. GOFITNESS CERTIFICATION EXAMS**

All GoFitness certification programs have competency-based assessments comprised of multiple-choice exams. GoFitness examinations are developed by committees of working health and fitness professionals who have been identified as Subject Matter Experts (SMEs) for that particular GoFitness certification program. Each multiple-choice question is written by at least one SME, and then reviewed and validated by a minimum of three more SMEs to ensure that each question is objective, clear, fair, current and maps to the exam content outline.

## **VII. STUDY MATERIALS AND RESOURCES**

GoFitness Academy produces manuals and associated study materials for each GoFitness certification program. These manuals are produced first and foremost as resources to help candidates prepare for professions in health and fitness. While these materials also help candidates prepare for the corresponding certification exam, it is critical that candidates view these study materials as helpful resources rather than the sole authority for a particular profession or examination. Candidates do themselves and the industry a disservice if they believe that studying a manual alone is a comprehensive resource for their health and fitness knowledge and their career.

## **VIII. THE CERTIFICATION EXAM PROCESS**

All government assessments are examinations are computer based assessments comprising of multiple choice questions.

The GoFitness assessment are a hard copy multiple choice examination

## **IX. EXAM RESULTS**

The results of in-house certification exams are released between 1-5 working days.

## **X. CERTIFICATION VALIDATION**

The GoFitness Certificates hold a 2 yrs validity and can be renewed by completing 2 workshops in a year.

## **XI. CONFIDENTIALITY POLICY**

The purpose of the GoFitness examinations is to protect the public and other stakeholders against ineffective practices and procedures. The examinations are intended to ensure minimal entry-level competency of health and fitness professionals. Sharing of examination information with and between candidates compromises the validity of the examination. Consequently, in order to maintain the integrity and security of all examinations, examination questions, answers, or other source materials are never released to candidates under any circumstance.

## **XII. CHEATING AND OTHER TESTING VIOLATIONS**

The purpose of the GoFitness examination is to protect the public by ensuring that candidates for certification have achieved entry-level competence to work in a designated role within health and fitness (e.g., personal trainer). Candidates are expected to pass the exam based on their own merit and without assistance (e.g., without referencing study materials or websites). Previous exam candidates who share exam information with future exam candidates undermine the very purpose of the exam by putting the public at risk should an unqualified candidate achieve a passing score through means other than their own merit.

All examinations are legally defensible, proctored examinations ensuring candidates the most valid test experience. You may be disqualified from taking or continuing in the examination process, or from receiving exam results, if any personnel at the testing center have determined at any time during the exam registration, administration, or scoring process, through examiner observation or statistical analysis that a candidate was engaged in collaborative, disruptive, or other unacceptable behavior before, during, or following the administration of the exam. This includes irregular behavior associated with any aspect of the examination and violations of the Code of Ethics.

### **XIII. Student Undertaking**

1. Fees once paid will not be refunded under any circumstances.
2. The courses taken at GoFitness Academy need to be completed within the set time frame failing which I am liable to pay extra amount to take the extra-classes unless a delay occurs at the academy end.
  - a. CPT- 2 months
  - b. ACE/ACSM Prepration- 4 months
  - c. Powermoves aerobics instructor course- 3 months
  - d. Foundation course in Yoga- 2 months
3. The GoFitness Academy Examination had to be completed with a minimum of 70% to gain the certificate.
4. The fees paid in installment are not extendable to more than 2 installments.