



BCRPA Personal Training ICE Candidate Questions

Form B

1. CONTENTS OF PERSONAL TRAINING ICE PACKAGE:

Form A: ICE Registration Cover Letter

Form B: Candidate Instructions

Form C: Business Aspects Instructions

Form D: Goal Setting Form

Form E: Program Design Card (Phase 1 and Phase 2)

Form F: Assessment Protocol Instructions

Form G: Teaching Skills Form

Form H: Scoring Form

Appendixes A-C: Case Study Scenarios

2. CANDIDATE INSTRUCTIONS:

Prior to Evaluation Date:

- Contact an ICE evaluator to schedule an ICE date and location. It is the responsibility of the candidate to obtain approval from the facility management and be familiar with the equipment at the evaluation site.
- Review all forms
- Prepare a sample client file and marketing package; **Form C**
- Choose one case study; **Appendixes A-C**
- Based upon the chosen case study complete:
 - **Form D:** Goal Setting Forms (Phase I & II)
 - **Form E:** Program Design Cards 2 separate programs: Phase I (current) & II (3-12 months)
 - **Education:** refers to the educational resources/materials you will provide your client with.
 - **Need to See:** based on your case study, there are concerns which need to be addressed for each component of the program (ie. For the warm-up component, the clients history may indicate that special considerations are needed).
 - **Red flags:** based on your chosen scenario list some potential concerns that you may have with this client with respect to their exercise program.
- Attach additional resource/information pages to **Form D and E** if needed.

Deliver completed sample client file (guidelines on form C), sample marketing package (guidelines on form C), goal setting forms (form D), program design cards (form E phase 1 and 2) and Form F with F2 and F4 complete to ICE evaluator for marking.

Form F:

- Complete forms F2 and F4 and be prepared to demonstrate the tests/measurements described in forms F1 and F3 during the evaluation

During the Evaluation you will be required to complete:

- F1: Demonstrate a Hamstring Flexibility Test (Hip Flexion)
- F3: Demonstrate Girth Measurement technique on one of the following sites and explain limitations associated with the use of this test:
 - Upper Arm
 - Waist
 - Hip
 - Mid-Thigh

Form G:

- Demonstrate 3 exercises/stretchches from your program design consisting of:
 - 1 upper body (exercise & stretch)
 - 1 lower body (exercise & stretch)
 - 1 core (exercise & stretch)

3. ICE PASS STANDARDS AND BCRPA REGISTRATION:

1. Passing Mark = 75% minimum in EACH area.
2. Participants who fail in one area may redo the area of deficiency with the same evaluators (fees may apply). This reassessment must be noted on the same form.
3. To register with the BCRPA in the Personal Training Module, you must deliver copies of proof of the following:

Registered Weight Training Leaders:

- Personal Training Course completion certificate (from course conductor)
 - Results of BCRPA Personal Training Exam: Letter and/or date of exam
 - Completion of BCRPA Personal Training ICE package
 - Current CPR Certificate: Minimum "CPR-A"
 - Current First Aid Certificate: Minimum "Emergency First Aid"
4. Registration with the BCRPA requires ALL Forms. Incomplete registration packages will be returned to the candidate
 5. Upon receipt of the above, a BCRPA registration certificate will be mailed to you within 4-6 weeks.