

BCRPA Personal Trainers Exam Breakdown

Topic	%	# of Questions
• Exercise Science: Anatomy, Kinesiology, Exercise Physiology	20%	12
• Nutrition and Exercise	10%	6
• Health Screening and Assessment	10%	6
• Program Design and Program Implementation, Methods and Equipment (includes special populations: hypertensives, arthritics, obesity, diabetes, osteoporosis, back pain)	30%	18
• Professional Responsibility and Risk Management	10%	6
• Exercise Safety and Injury Prevention	10%	6
• Counselling Skills, Motivation and Adherence Techniques	10%	6
Total	100%	60

Breakdown	# of Questions	Total Marks	Estimated Time
Multiple Choice	60 (1 mark each)	60 marks	60-90 minutes
Match-ups	3 (5 marks each)	15 marks	20-30 minutes
Case Study	1 (60 marks each)	60 marks	40-60 minutes
	Total	135 marks	3 hours
		Pass = 94/135 (70%)	