

CHALLENGING INTO THE AFLCA

Thank you for your interest in obtaining the Alberta Fitness Leadership Certification. Challenging provides exemption in one or more portions of the AFLCA certification requirements.

Through documentation, the AFLCA can acknowledge your Fitness Leadership Training from another agency or organization. If exemption from a fitness leadership training event is approved, you are required to complete an **80 percent pass** on all exams. **You are provided with two attempts to successfully complete your challenge exam(s).**

WHERE TO START:

(1) Determine what exams you will need to write. (2) Fill out the exam registration form. Choose the date/exam site you would like to write at. (3) Provide a photocopy of the documentation you are challenging with. (4) Provide payment for challenging (fee of \$107.00 for EACH exam you write). To register for the Exam(s), send these three items into the AFLCA Office a minimum of two weeks prior to the exam site.

You have two attempts at the exam(s). If you are unsuccessful on your second attempt (less than 80 percent), you will be required to register into an AFLCA course(s) to obtain certification and complete all necessary requirements.

Once exam(s) have been successfully completed, all other requirements listed in your challenge package should be forwarded to the AFLCA Office as ONE COMPLETE PACKAGE.

Thank you for supporting the AFLCA.

AFLCA Leader and/or Out of Province - Expired Certification Expired Longer than One Year, Less than three years

You will need to:

- Provide a photocopy of your expired Provincial certificate.
- Attend an 8-hour recertification course or obtain 12 Continuing Education Credits.
- Have a practical assessment completed by an AFLCA Trainer.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
- (EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)
- **Late renewal fee: \$35.00 for every year expired.**

Exams: No exams required.

AFLCA and/or Out of Province Expired Longer than Three Years

- Provide a photocopy of your expired certificate.
- Have a practical assessment completed by an AFLCA Trainer.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: You will need to challenge your Exercise Theory Exam and the Exam for each Specialty you are challenging into.

Out-of-Province - Current Certification

You will need to:

- Provide a photocopy of your current provincial certificate.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: No exams required.

YMCA - Current Certification

You will need to:

- Provide a photocopy of your current YMCA certificate.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: You will need to challenge your Exercise Theory Exam and the Exam for each Specialty you are challenging into.



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YWCA - Current Certification

You will need to:

- Provide a photocopy of your current YWCA certificate.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: You will need to challenge your Exam for each Specialty you are challenging into.

NOTE: Exempt from the Exercise Theory and Group Exercise Exams

YMCA, YWCA – Expired Certification

You will need to:

- Provide a photocopy of your expired certificate.
- Have a practical assessment completed by an AFLCA Trainer.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: You will need to challenge your Exercise Theory Exam and the Exam for each Specialty you are challenging into.

Other Certification Organization - Expired Certification

You will need to:

- Provide a photocopy of your expired certificate and training course outline
- Have a practical assessment completed by an AFLCA Trainer.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: You will need to challenge your Exercise Theory Exam and the Exam for each Specialty you are challenging into.

Other Certification Organization – Current Certification

You will need to:

- Provide a photocopy of training course outline and verification of completion.
- Have a practical assessment completed by an AFLCA Trainer.
- Provide a photocopy of your CPR (current within 1 year).
- Certification Fees: \$75 for one specialty and \$25 for each additional specialty.
(EG. Aquatic Exercise = \$75, Older Adult + Group Exercise = \$100)

Exams: You will need to challenge your Exercise Theory Exam and the Exam for each Specialty you are challenging into.

University Degree

You will need to:

- Provide a photocopy of your transcripts showing passing grades for Anatomy and Physiology.

Exams: You can challenge the Exercise Theory Exam.

NOTE: Courses equivalent to Group Exercise, Aquatic Exercise, Older Adult and/or Resistance Training will be considered to challenge the exam(s).
Please contact the AFLCA Office.