

Certificate Exam Preparation Guide

You have six months from the date of purchase to pass the exam in order to obtain your certificate. The exam consists of 25 multiple choice questions. The questions are randomly drawn from a larger pool of questions for each module. The number of questions for each module is listed below:

1.	Understanding Mature Adults	3
2.	Applied Physiology of Aging	3
3.	Functional Aging and Exercise	3
4.	Health and Functional Fitness Assessment	5
5.	The Functional Aging Training™ Model	5
17.	Individual and Small Group Training Strategies	3
18.	Safety and Monitoring Mature Clients	3

There is a 45 minute time limit to complete the exam. Any questions that are unanswered when you submit the exam will be graded as incorrect. One question is displayed at a time but you may go back at any time before you submit the exam in order to change an answer.

A score of 80% or better (20/25 questions correct) is needed in order to pass the exam. The exam will be scored immediately upon submission and you will receive your score within seconds.

If you fail the exam you will have two more opportunities to obtain a passing

grade as long as you do so within the six month time limit from the date of purchase. Once you pass the certificate exam your status will display as active on our website and you will be given instructions to print a certificate

Tips for taking the exam:

- A constant internet connection is required for the duration of the test. Therefore, make sure you have a secure and reliable internet connection before logging on to take the exam. It is recommended that you avoid taking the exam while using a public Wi-Fi connection.
- If an attempt is terminated due to an internet disruption or if you close the browser before you submit your exam then the exam will not be graded and it will count as one of your three attempts.
- The exam is completely web-based. There is no software to download or install.
- Protect yourself from interruptions so that you can complete the exam within the 90 minute time limit.
- It is HIGHLY recommended that you only have one browser window open for the exam as having multiple browser windows open may crash the test system.
- It is HIGHLY recommended that you close all other programs while taking the exam to make sure your system is stable.