



FAQs

Q1. What is code of ethics?

Ans. A code of ethics is a guide of principles designed to help professionals conduct business honestly and with integrity.

Q2. In which position a personal trainer or fitness instructor is placed?

Ans. A personal trainer or fitness instructor is placed in a position of trust by the nature of their work.

Q3. What is the full form of REPs?

Ans. The full form of REPs is Register of Exercise Professionals.

Q4. What is the job of the trainer?

Ans. The job of a fitness trainer is to develop exercises that work towards improving the body tone and overall health.

Q5. Why a fitness trainer, or personal trainer, works with clients?

Ans. A fitness trainer, or personal trainer, works with clients to educate and motivate them towards achieving a healthy body and lifestyle.