

May 14, 2020

Announcement: GAYO – IQL Partnership

GAYO FITNESS ACADEMY (GAYO) is delighted to announce it has entered into an Education & Training Partnership Agreement with Dubai-based IQ LIFESTYLE (IQL) which conducts Fitness Education & Training programs in UAE accredited by Active IQ and Focus Awards (UK). See NOTE 1 below

The partnership dated April 15, 2020 was entered into after IQL satisfied themselves about our University academic standards, course syllabus, examination system and certification system as verified and confirmed by EREPS. This partnership will enable the following GAYO “ISSA – TPTP” / PFTC / CCPFT students^{NOTE 2} to obtain UAE REPS Level 3 award in the following manner:

Category of Students

- A) Students who completed the course and have been awarded CCPFT and EREPS on / after June 1, 2019.
- B) Students who completed the course and were awarded ISSA – TPTP / PFTC / CCPFT and EREPS on / before May 30, 2019. They must show proof of Continuing Professional Development / Continuing Education Units earned after May 1, 2019 or must attend a Refresher (Revision)^{NOTE 3} Webinar before flying to Dubai.

After reaching Dubai,^{NOTE 4}

The student in Categories A or B can directly approach IQ Lifestyle and submit:

- 1) CCPFT & EREPS Certificate copies
- 2) (Category B student) CEU / CPD certificate / Webinar Certificate
- 3) GAYO First Aid CPR certificate^{NOTE 5}
- 4) Your CCPFT Assessment and Confirmation Letter^{NOTE 6}
- 5) Other documents as may be asked for by IQ Lifestyle – e.g. passport copy, photograph, etc
- 6) Pay the fee of AED 1545 directly to IQL^{NOTE 7}

The fee for this is AED1545 only. Our PFTC / CCPFT student in Dubai will directly pay this amount to IQ Lifestyle. Students in India will pay GAYO in INR₹ the amount equivalent to AED1545 plus bank charges. There is no other amount or fee payable.^{NOTE 7}

After enrolment with IQL,

Submit the Upskilling Exam (theory multiple choice questions exam and practical training test).^{NOTE 4, 8}

After passing the tests,

The student will be awarded:

- A) **Focus Awards (UK) Level 3 Diploma in Personal Training.** This is lifelong duration. No expiry date – no renewal. But 20 points of CEUS / CPDs are required by UAE REPS. Please ask IQL for more information about CEUs / CPDs.
- B) **UAE REPS Level 3 Award.** This is to be renewed every year @ AED420. Every two years, student has to earn 20 CPDs by attending training programs. For the first 2 years, however, the students do not need separate CPDs – their Focus Award diploma certificate will automatically give him the CPDs. From the 3rd year onwards, he will have to attend CPD workshops and programs after paying fees at that time.

In DUBAI, Students are advised to contact IQ Lifestyle:

Ms. GEMMA QUINNELL – Operations Manager,

IQL LIFESTYLE,

PO BOX 393808 Dubai

Office 204, Apex Business Centre, P-floor, BB07, Bay Square, Business Bay, Dubai, UAE.

gemmaquinnell@iq-lifestyle.com Tel. 04 567 3840

Benefits

GAYO TEMPORARILY SUSPENDED ITS REPS INDIA ACCREDITATION PROCESS IN MARCH 2020. WE HAVE RECEIVED PROMPT ASSISTANCE FROM REPS INDIA AND PD:APPROVAL IN UK. THE REASONS RELATE TO LOCKDOWN AND CONFUSION EMANATING FROM CIMSPA – EREPS – ICREPS EQUATIONS. WE SINCERELY HOPE THAT ALL THREE GET TOGETHER FOR BENEFIT OF TRAINERS IN A LARGE NUMBER OF COUNTRIES. WE THUS HAVE TO LOOK FOR AN ALTERNATIVE MORE CONVENIENT CHANNEL FOR OUR STUDENTS.

- 1) This fee is the cheapest and most comprehensive personal trainer course in India. See Note 7 below.
- 2) **This gives you FLEXIBILITY:**
 - a. **When to do it:** You can decide to do the Upskilling in India or Dubai now or later after lockdown is completely lifted. According to experts, lockdowns are *expected* every six months all over the world. World economy is in trouble. We are not sure when gyms will open and how many clients will return to train in gyms. No certificate will guarantee jobs. Government of UAE will decide policies regarding international travel, quarantine, social distancing, visa, reopening of fitness centres, etc. Rules are liable to change at any time.
 - b. **Payment:** Student can pay IQL or GĀYO when he is ready.
- 3) CCPFT + EREPS + Focus Awards totally give you access to the whole of Middle East, UK, Europe, Australia, etc after lockdown. If student loses his job in Dubai, he can try in Qatar or elsewhere.
- 4) It is possible that EREPS certificates may be accepted again in UAE. We cannot say whether and when this will happen.^{NOTE 1}
- 5) IQL students are working in many major gyms in UAE. You may get an opportunity to work there. However, IQL does not guarantee jobs.

PLEASE CAREFULLY READ THIS ANNOUNCEMENT AND THE NOTES BELOW

NOTE 1:

IQ LIFESTYLE is a leading education provider in UAE and UK. It is accredited by Focus Awards UK. Focus Awards certificates are fully accepted by UAE REPS for Level 3 awards. You Focus Awards Level 3 UK award which you have earned in Dubai will be accepted by UAE REPS for Level 3 award. Focus Awards^a, Active IQ^b are two important Accreditation bodies in UK. There is **no UK REPS now** – it has been taken over by CIMSPA^c which is now the UK's National Register for Exercise Professionals. Both Focus Awards and Active IQ are working closely with CIMSPA. The entire REPS system – EREPS and ICREPS – follow the British REPS system which is now CIMSPA. EREPS and CIMSPA are partners since 2017.

The UAE REPS is member of ICREPS. *It withdrew its membership of EREPS in October 2019. However, right now, CIMSPA and ICREPS are in talks.* I personally hope all of them come together with CIMSPA. So, we hope soon UAE REPS will once again start accepting EREPS certificates.

UAE REPS accepts certificates of education providers who are accredited by UK-based Focus Awards or AIQ or YMCA. One South African education provider is operating in Dubai. PTA Global offers Active IQ courses. Other education providers must be accredited by ICREPS members like REPS India or UK REPS which is now taken over by CIMSPA.

a – What is Focus Awards? <https://www.focusawards.org.uk>

b – What is IQ Lifestyle? <https://www.iq-lifestyle.com/>

c - What is CIMSPA? <https://www.cimspa.co.uk/>

NOTE 2:

Originally, our CCPFT was named “Theory & Practical Training Program” (TPTP) for students appearing for the Certified Fitness Trainer course of the International Sports Sciences Association (ISSA), USA. The TPTP was conducted all over India including in Thrissur (2008 to 2011), Kakkannad (2011 to 2015) and Kodungallur (2015-2016). In October 2015, GĀYO entered into a partnership with BPCA's College of Physical Education (BPCACPE), University of Mumbai. The TPTP was delinked from ISSA-CFT and named “Personal Fitness Trainer Course” (PFTC). The 2015-2016 batches in Kozhikode and Kollam received PFTC certificates. In October 2016, BPCACPE and GĀYO received University of Mumbai approval. The course is the CCPFT. The EREPS Level accreditation was received in November 2017. The first batch to be awarded CCPFT and EREPS was the Kottakkal batch of 2017-2018. The BPCACPE, Mumbai University and EREPS partnerships are the result of long and tough inspection of our records.

NOTE 3:

The earlier CCPFT batches were awarded University certificates without expiry date. The student is expected to attend CEUs or CPDs totalling 20 hours in the period of validity. This is according to Mumbai University and UK rules. However, starting with the Mumbai batch of June 2018, the certificates have an expiry period of 3 years. In these 3 years, student must attend 20 hours of CEUs / CPDs. Without the CEUs / CPDs the certificates cannot be renewed. EREPS does not ask for CEUs / CPDs but certificate is renewed annually. This was done to meet EREPS and USA requirements. Many USA Army, Air Force and Navy bases across the Middles East *including UAE* employ our trainers. They do not ask for REPS but they insist that the trainer must have continuing professional knowledge.

Changing Rules and Timelines:

Rules keep changing and we have to obey them. Till 2016, all our students – ISSA and TPTP – easily got jobs in UAE. In October 2016, UAE REPS was started. Our students there quickly studied for and got the UAE REPS certificates. Till April 2019, I think, our students got full status UAE REPS Level 3. Then UAE REPS changed the laws again and started giving only Provisional UAE Level 3. In October, they stopped giving even the provisional and asked all students in India including CCPFT to go to REPS India. REPS India started in October 2018. EREPS and Skills India started I-REPS in April 2019. In November 2019, Skills India RPL / NSQF became compulsory in India ONLY for EREPS, I-REPS and REPS India. **Rules can change because of the coronavirus lockdown, CIMSPA – EREPS talks with ICREPS, etc. We are not in control of the situation.**

NOTE 4:

Currently, the GĀYO – IQL partnership allows Upskilling as follows:

- A) **ONLINE ASSESSMENT or Upskilling Tests**
 - In India:

- Ms Gemma Quinnell will conduct online theory and practical training test and viva voce (oral interview) till June 10, 2020.
- There will be no online assessment after that till after July 1 or until lockdown is lifted whichever is earlier when personal classroom assessment will restart
- In Dubai:
 - Ms Gemma Quinnell will conduct online theory and practical training test and viva voce (oral interview) till June 10, 2020.
 - There will be no online assessment after from June 10 till after July 1 or until lockdown is lifted whichever is earlier when personal classroom assessment will restart

B) Personal / Classroom ASSESSMENT or Upskilling Tests

- In India:
 - We will conduct the theory and practical training test and viva voce (oral interview) after our GAYO faculty gets Focus Awards Tutor, Assessor and IQA certificates, around or after June 10.
- In Dubai:
 - Ms Gemma Quinnell will conduct the theory and practical training test and viva voce (oral interview) after lockdown is lifted and gyms reopen.

NOTE 5

Students have been awarded the GAYO FACPR certificate. It is accepted in all countries including Middle East. UAE REPS has accepted it when it registered our students for Level 3. As per information from Dubai received today at 5.45 pm, due to COVID-19, UAE REPS will not ask for FACPR certificate at time of registration. Students have one year to submit this certificate.

NOTE 6:

All students wanting to work in UAE MUST obtain CCPFT Assessment Letter from GAYO. This letter will be addressed to IQL and will inform them about student's:

- i. Academic performance in exams
- ii. Attendance in class
- iii. OSCE and social / social media assessment relating to academics
- iv. Language Skills
- v. Areas, if any, of improvement

IQL will not entertain GAYO students without this letter. In the case of students who are already in UAE, a provisional letter will be issued. Please contact Basheer Sir before leaving for UAE or before meeting IQL.

NOTE 7:

The fee of AED1545 is the cheapest possible fee for obtaining UAE REPS Level 3. In India, students are paying about ₹1,15,000 to ₹1,20,000 for getting REPS India accredited certificate. We do not know if it includes UAE REPS licence. In UAE, there are Indian students who have done Focus Awards / Active IQ / YMCA / other courses @ AED 6,000 to AED8,000. Compare this with our fees below.

If we consider the CCPFT and EREPS fees which students have paid – maximum is ₹48,500 depending on which batch you were in - and if you want to go to UAE, then the fee will total about ₹80,000. In this total fee, you will have received the following certificates:

- a) CCPFT – accepted in all countries except UAE and Europe.
- b) EREPS (valid in 40 countries including UK). In India, EREPS and Skills India have the Register of Exercise Professionals – I-REPS.
- c) Workshop Certificates – part of CCPFT syllabus
- d) Focus Awards (UK) Level 3 diploma (valid in UAE, UK and Commonwealth countries which follow UK CIMSPA rules)
- e) UAE REPS Level 3 (valid only in UAE)

NOTE 8:

Because our students have completed a detailed CCPFT course approved and certificated by University of Mumbai, accredited by EREPS AND our students have undergone examinations as per international standards, they are exempted from doing the full IQL course in Dubai. They will give a short multiple-choice theory test and simple practical training test. They do not have to attend full course or full exam. To help you with Focus Awards upskilling, we will conduct the 3 days Webinar to help you revise and do well in the Upskilling tests as also an English Speaking course provided we have 30 students.



Dilip Heblé

CEO & Founder – GAYO Fitness Academy

External Advisor, Exercises Sciences – University of Mumbai