

Level 1 Trainer Course Test:

What can I expect on the Level 1 Trainer Course test?

The test is 50 multiple-choice questions based on the core concepts, methodology and foundational movements of CrossFit. All of the material used comes directly from the two-day Trainer Course and the CrossFit Training Guide. It takes approximately 1 hour and is a closed book/ notes test.

Please also read through the [Participant Handbook](#) for detailed information on the Level 1 Trainer Course and Test.

How difficult is the test?

The test is designed to be a review of the two-day Level 1 Course and reinforce the essential elements behind CrossFit training and has an 80% pass rate. Anyone who studies the CrossFit Training Guide, actively participates in a Level 1 Trainer Course, and has had exposure to CrossFit training via the website or a CrossFit affiliate, should have little difficulty passing the test. Unlimited opportunities to retake the test should ensure success for anyone driven towards achievement.

What is the best way to prepare for the test?

Attend a Level 1 Trainer Course and **study** the CrossFit Training Guide. Experience and familiarity with CrossFit through training at a local affiliate or utilizing CrossFit.com can also be helpful.

Where can I get the CrossFit Training Guide?

The manual can be found in the CrossFit Journal <http://journal.crossfit.com/2010/05/crossfit-level-1-training-guide.tp> and is accessible to all Journal subscribers. If you are not a Journal subscriber you will receive a coupon for a complimentary year subscription with your Level 1 course registration. You are responsible for downloading the CrossFit Training Guide yourself. If you have problems or do not receive this material please contact seminars@crossfit.com for assistance.

What should I bring for the test?

A government issued photo ID, printed registration receipt and a sharpened #2 pencil with eraser.

What is the significance of passing the test?

Passing the test means individuals have demonstrated minimal understanding of the CrossFit fundamentals, both concepts and movement. This is a starting point to begin training others and continue successful development as a CrossFit Trainer. It affords the rights and privileges of a CrossFit Level 1 Trainer (CF-L1) per the *Trainer Licensing Agreement* and the opportunity to apply for affiliation.

What if I do not pass the test?

Those that decline to take or fail the test will receive a Level 1 *Certificate of Attendance* in the mail approximately 2-3 weeks after their test date. Attempts to retest will be offered for \$150 each. There is no limit to the number of times the test may be retaken within 1 year. If you cannot pass the test within 1 year from your initial attempt, you will have to re-attend the course to qualify to take the test again.

What is the difference between a Level 1 Trainer Certificate and a Certificate of Attendance?

A *Trainer Certificate* is required by CrossFit to train others using CrossFit methods (per the *Trainer Licensing Agreement*), and become an affiliate owner. A *Certificate of Attendance* simply documents participation at a Level 1 Trainer Course and **does not** meet CrossFit's requirements for legally training others using CrossFit's methods or for affiliation.

I have no intention of becoming a trainer or owning an affiliate, do I need to take the Level 1 test?

No. The test is optional. A *Certificate of Attendance* is sufficient recognition for individuals desiring to learn and better themselves (not train others) through CrossFit's methodology for health and fitness. However, everyone can take and benefit the test, no matter their goals as it is a good learning tool for highlighting essential concepts and reinforcing the fundamentals taught during the Level 1 Trainer Course.

Will there be an online version of the test?

No. The test will only be administered and monitored in person.

What if I live in a remote area or overseas?

The Level 1 test will be offered at every Level 1 Trainer Course, both in the United States and internationally. The Seminar Team has also already identified & discussed the need to target the broadest possible range of locations for Level 1 course/test venues prior to December 31, 2011. If we are unable to make it to a location reasonably close to meet the needs of individuals in a given area, you may submit a request to seminars@crossfit.com for an extension beyond December 31, 2011. Requests for extensions will be reviewed and granted on a case by case basis.

What if I do not speak English?

The default language for all US based and international Level 1 Trainer Courses is English. This includes the CrossFit Training Guide and the Test. Please contact seminars@crossfit.com at least two weeks prior to the course start date for information and permission on attending the course with a translator, using a foreign-language dictionary, or to be given more time to complete the test. **No accommodations or permissions will be made on site.** Translators will be allowed to translate during the course only. No translators can be used during the test.

Currently, the written test is offered in English, South American Spanish, Castilian Spanish, Korean, French, Portuguese, German and Italian. The CrossFit Training Guide is available in English, South American Spanish, and Italian. CrossFit is continually in the process of translating its educational materials to other languages, so please check with seminars@crossfit.com for the most up-to-date list of languages available.

If we do not have the test or CrossFit Training Guide translated into your primary language and you are not confident in your English comprehension we strongly urge you to consider attending at a later date when your primary language is available. If we do not have your language available and you decide to test anyway and fail, the test results will be final and a \$150.00 retest fee will apply for your next attempt.

When will I know if I passed or failed my test?

Test results **will be provided via email within 5-7 days** from your test date.

When will I receive my Certificate?

Certificates will be individually mailed to the address provided upon registering for the course. Please allow up to 3 weeks from the date you take your test for your Certificate to arrive. International locations can take up to 6 weeks to arrive.

Will I be told what I failed?

Yes. If you fail the test an email will be sent within 5-7 days of the Level 1 Trainer Course Test. This email will include your score and a summary of your performance on the test and recommended areas of study to assist in future test attempts. Those who pass the test will receive scores only via email. This email will also include CF-L1 Certificate terms of use and a copy of the *CF-L1 Trainer Licensing Agreement*.

When does my Level 1 Trainer Certificate expire?

5 years from the most recent successful test date. *Certificates of Attendance* will not expire.

Will I be required to retake the test every 5 years in order to maintain a Trainer Certificate and/or my Affiliation?

Yes. A Level 1 Trainer Certificate is only valid for 5 years. After 5 years from the date of issue, if no higher-level credentials (i.e. Level 2) have been attained*, the course and test must be taken again and passed to obtain the most current Level 1 Trainer Certificate and maintain affiliation.

*More information regarding the Level 2 and maintaining your qualifications will be available in early 2012.

Retests & Revalidations:

I am already a Level 1 CrossFit Trainer; do I need to take the test?

Yes. Everyone who currently holds a Level 1 Trainer Certificate dated before April 1, 2010, will be required to pass the test by Dec 31, 2011 in order to revalidate his or her Level 1 Trainer Certificate.

My current Level 1 Certificate expires on Dec 31, 2011?

Yes. All Level 1 Certificates dated before April 1, 2010, that do not get revalidated with a passing test score, automatically become *Certificates of Attendance* on Dec 31, 2011. Once the test is taken and passed, your Certificate will be valid for 5 years.

What happens if I have a Level 1 Certificate dated prior to April 1, 2010 and I do not take or pass the Level 1 Trainer test by Dec 31, 2011?

All Level 1 *Trainer Certificates* will become *Certificates of Attendance* and the distinction and opportunities (training others and affiliation) provided by the *CrossFit Trainer Certificate* will be forfeited.

How do I register for the test and renew my Level 1 Trainer Certificate?

On the Crossfit.com website under "Test Only" section, click on the link below the event where you would like to take the test and select the revalidation option. Verify the current Certificate by providing the location and date of the Level 1 Trainer Course previously attended.

How much does my revalidation test cost?

Individuals who received a Certificate for a Level 1 Course prior to April 1, 2010 will have until Dec 31, 2011 to take the test once; free of charge.

How much does my retest cost if I attended a course after April 1, 2010?

For individuals who received a *Certificate of Attendance* for failed Level 1 Tests after April 1, 2010, the cost for a retest is \$150.

How do I register to retake a failed test?

Follow the instructions you receive in your *CrossFit Level 1 Trainer Certificate Course Test Results* email. This email will be sent within 5-7 days from the date of your test. It will detail how and when you can register for a retest. It will also detail the subject areas you did poorly in, giving you the opportunity to focus your study for greater success on your retest.

Do I have to have attended a Level 1 Trainer Course in order to take the test?

Yes. Proof of attendance at a previous Level 1 Trainer Course will be required to register for the 'Test Only' option.

After I register for the 'Test Only' option, how and when do I actually take the test?

Show up at 2:00pm on Day Two at the location of the Level 1 Trainer Course registered for. Check in at the registration desk with a government issued picture ID, printed registration receipt and a sharpened #2 pencil with eraser and wait to be seated with the Level 1 attendees for the test.

Can I register on site at a Level 1 location?

No. The only method available for registration is through the registration system at CrossFit.com. The "Test Only" option closes one week prior to the Level 1 Trainer Course.

Does the Level 1 test affect my Level 2 Certification?

Yes. Current Level 2 Certifications require passing the Level 1 test and receiving a current Level 1 Trainer Certificate by December 31, 2011.

I am an Affiliate. What happens if I do not pass the Level 1 test?

Current Affiliates will have until Dec 31, 2011 to pass the Level 1 test. Any Affiliate that has not passed by this date forfeits the distinction and privileges of a CrossFit Level 1 Trainer, including Affiliation.

What accommodations are currently being made for current Affiliates during this transition?

One of our primary goals with implementing these changes has been supporting affiliates in making the transition as painless as possible. Testing will be available at all Level 1 Courses and Affiliates will have over 18 months to take and pass the test.

For Affiliates, we are opening as many spaces at the current Level 1 courses as resources, staff and time considerations will allow. For obvious reasons, the seminar team has also already identified & discussed the need to target the broadest possible range of locations for Level 1 Course/ Test venues prior to December 31, 2011.

We are available at seminars@crossfit.com to answer and discuss specific concerns, questions or difficulties finding an open Test Only option near you.

Do I have to pass the Level 1 Test to apply for Affiliation?

If you took your Level 1 Course *after* April 1, 2010, you need to have passed the test to apply. If you took your Level 1 Course *before* April 1, 2010, you can apply and if accepted, you will have until December 31, 2011 to pass the test to maintain your affiliation.

General:

Why is the Level 1 Course now a Certificate Course as opposed to a Certification?

In the accreditation process, a Certification is generally defined as a test or exam only. A Certificate is defined as being attached to specific and required course work. Our Level 1 Course will provide Certificates and our Level 2 will be for Certification. The new Level 1 Trainer Certificate will still hold the same value within the CrossFit community as it does now; it will afford the rights and privileges under the *Trainer Licensing Agreement* and be a requirement for affiliation.

Does CrossFit have an accredited course?

Yes. The CrossFit Level 1 Trainer Certificate Course received accreditation from the American National Standards Institute (ANSI) on December 14, 2010. Both the Level I Trainer Course and Level 2 Coaches Certification require separate applications.

What is accreditation?

Accreditation is a process where an officially accredited third party presents certification of competency, authority, or credibility. It ensures the agreement with a recognized set of standards, evaluates quality control, validates credentials and ensures commonly acceptable procedures.

When will the Level 2 Certification be available again?

The CrossFit Level 2 Certification is currently being restructured to meet accreditation application requirements. We cannot say with 100% certainty when this process will be complete.

I was previously offered a free retest for my Level 2 Certification. Right now they aren't being offered but there is a Coach's Prep Course. What are my options?

The Level 2 Certification Course has been postponed in order to undergo content review for future accreditation. Participants that are owed credit for a free Level 2 Certification have two options: (1) use the free credit to attend a Coach's Prep Course or (2) wait for the Level 2 Certification to become available.

Please visit this [FAQ](#) for details on other aspects of CrossFit Certifications and Seminars. If you still have unanswered questions please feel free to contact seminars@crossfit.com