

Chapter 1 : Personal Training Courses and Gym Instructor Qualifications | HFE

Find books to help you reach your personal trainer certification or for fitness professionals looking for continuing education. Stay informed on the health and fitness industry.

For example, every program requires that you are 18 years or older, and that you have a hands-on CPR and AED automatic external defibrillator certification. You can get this certification through a community education program or the Red Cross. ACE has a number of resources that you can choose from to suit your needs. They also offer several online programs that will help you prepare for the test, including an exam review and practice tests. You can even schedule weekly check-ins to add some accountability to your training! The ACSM offers three books: Also offered are three different workshop options for preparing for the certified personal trainer examination: A combination of online, print, and in-person preparation strategies are offered by NASM, including a 9-week online course, study guides, flash cards, interactive discussion questions, and 1-day live workshops. The ISSA study materials include the standards: It also provides something quite unique in its marketing and business guide, which includes tips on developing a profitable business. The Essentials book contains a huge amount of information from a variety of sources, including safety guidelines, testing protocols, client assessment, modifications for special populations, and full-color photos detailing exercises for resistance, aerobic, plyometric, and speed training programs. Recertification and continuing education All of the certifying bodies require that you keep your CPR and AED certification current, and they all require continuing education credits CECs , though the amount that they require and what counts as a credit differs between them. They generally accept the same types of things for credit, including attending relevant conferences, completing related online or in-person courses, and some webinars. They each also have a fee that you need to pay. The approximate equivalency is one hour for one CEC. ACSM conducts many conferences around the country, online courses, and webinars, and also accepts CECs from other health and fitness organizations. Though not technically a form of continuing education, the ACE Resource Center is also available on newly graduated fitness professionals, which means you can ask the counselors any questions you have about the industry. Both live workshops and online courses are offered by the organization. ISSA offers workshops with online components, meaning you can get study materials and take quizzes at home, and there is a very large number of partner organizations that offer ISSA-accepted conferences, courses, and programs. Committee membership, conference attendance, and the other standard events contribute to the CEC count, and NSCA offers both home study and live events. Additional certifications offered In addition to becoming a certified personal trainer, each of these five organizations offers additional certifications that can move your career forward by helping you gain a number of valuable skills. ASCM offers a wide variety of certifications, including group exercise instructor; health fitness specialist, which gives you the skills to work with populations who have controlled medical conditions. Through ACE, you can be certified as a group fitness instructor, ACE health coach, or advanced health and fitness specialist. There are also several specialty certifications, including youth fitness, fitness nutrition, functional training, and mind-body. ISSA provides certifications in fitness nutrition, exercise therapy, senior fitness, youth fitness, strength and conditioning, and sports nutrition. You can also gain increased personal trainer credentials through the elite trainer and master trainer certifications. Because the NSCA is primarily focused on strength and conditioning, they offer certifications related to this field, including strength and conditioning and special populations certifications. They also offer a credentialing program for tactical strength and conditioning facilitators, who train military, law enforcement, fire and rescue, and other specialty fields. To become accredited, a program undergoes a review by an accrediting body, which is an organization that sets standards for certification programs—this means that the development, implementation, maintenance, and governance of the program meets the levels set out by the accrediting body. NCCA accreditation is generally held as the standard for the field—certifying bodies must undergo comprehensive evaluation and regular renewals to keep this accreditation. The DETC conducts comprehensive reviews that include student surveys and expert curricula evaluations, and requires regular re-accreditation. Both the NCCA

and the DETC are rigorous and widely accepted and recognized accreditations, meaning the five programs listed here are essentially equivalent in this regard. Cost Getting certified as a personal trainer is generally a semi-expensive proposition, but each organization offers bundles that will help you pay for the study materials and the test fee without breaking the bank. This price also includes the fee for taking the certification exam, which is convenient for calculating your total expenditure. You can also buy the study materials individually, but you save a lot of money going with a bundle. ISSA makes pricing for study materials and the test very easy: You get the main course text in hardcopy and online forms, the study guide and workbook, and everything else listed in the Study Materials section above. Who offers the best personal trainer certification? What went into the final decision? First, study and support. You can get the answers to your questions, encouragement when you need it, and weekly accountability calls. No one else offers this level of support. Second, the wide variety of additional certifications and specializations; group fitness instructor, health coach, and advanced health and fitness specialist are all very valuable certifications, and the more specialized certs can help increase your value to potential employers. Finally, the non-profit nature of the organization played a role.

Chapter 2 : Best Personal Trainer Books Exercise Science CPT Certification & More

Personal Trainer Books List - Best Books for Personal Trainers Information has become abundant. This is a good thing but it makes finding the best personal trainer books to grow your personal training career more difficult.

Chapter 3 : Book a Personal Trainer in Toronto | FITREP

Weede's book is a must-read for trainers who want to capitalize on the trend in personal training. This book is catered to the aspiring entrepreneur but also provides a ton of useful tips for existing personal trainers who are looking to expand their businesses.

Chapter 4 : Become a Personal Trainer | Personal Training Certification

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Chapter 5 : Personal Trainer Courses & Fitness Qualifications | TRAINFITNESS

AFAA PERSONAL TRAINER. This is the full workbook, all 61 pages, and I have filled in all the answers. If you struggle with preparing a study guide, doing the research, and creating answers, don't worry.

Chapter 6 : Personal Trainer Certification | NASM

The Top 5 Books for Personal Trainers When it comes to the health and fitness industry as a whole, the amount of reference and support material out there can at times be overwhelming. This is especially true for personal trainers, a role that continues to grow, evolve and become more and more of a popular career choice.

Chapter 7 : Personal Trainer Certification | Personal Training Certification | NCSF

The NSCA's Recognized Certified Personal Trainer (RCPT) Program is a registry of individuals who have demonstrated experience and knowledge in the field of personal training. RCPT's apply practical, foundational knowledge to assess, motivate, educate, and train clients.

Chapter 8 : The Top 5 Books for Personal Trainers

Personal Trainer Certification The Certified Fitness Trainer program is designed to equip graduates with the practical day-to-day skills necessary, as well as the theoretical knowledge needed to excel as a personal trainer serving the general public.

Chapter 9 : Personal Training Courses | TRAINFITNESS

The ACE Personal Trainer Manual, Fourth Edition, is not only an excellent study tool for the ACE certification exam, but also a valuable reference filled with practical tools and resources that you will utilize throughout your career.