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Certification The American Council on Exercise (ACE) is a nonprofit health coach and exercise professional certification group that looks to ensure the highest industry standards are met by those working in the health and exercise industry.

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The National Academy of Sports
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requisite foundation of knowledge and skills. NASM Personal Trainer Test scores are used by the National Academy of Sports Medicine Board of Certification (NASM-BOC) as a uniform standard of qualification.

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Treating the musculoskeletal pathology is outside of the scope of practice of a personal trainer and should be instead left to a physical therapist. Instead, a

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personal trainer's role is to best meet the client's health and fitness needs without making the condition worse. Their physical therapist will have prescribed rehabilitative movements.

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(NASM-CPT) certification exam is accredited by The National Commission for Certifying Agencies (NCCA). In just a few weeks, you can become an NASM-CPT ready to join an industry that continues to grow as more and more people choose to live a healthier lifestyle.

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retain the information.

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The CPT credential identifies the individual's knowledge or skills related to the specific job of a Certified Personal Trainer. Depending on one's background, experience and available

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time to prepare for the Certified Personal Trainer Exam, a candidate generally needs to invest approximately 80 - 100 hours of study.

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