



# Personal Trainer Certification

**To Sign Up, Call 877-968-7263**

AFAA is the world's largest fitness and TeleFitness® educator. Since 1983, AFAA has issued over 250,000 certifications to fitness professionals from more than 73 countries around the world. Each year, health clubs, Universities, military installations and studios host over 3,000 educational workshops worldwide. AFAA provides a comprehensive written and practical examination that helps ensure you possess the skills and knowledge necessary for a rewarding career! AFAA is proud to be granted affiliate status with the National Board of Fitness Examiners (NBFEE) and is a member of the National Organization of Competency Assurance (NOCA). AFAA also applied for an additional accreditation through an organization recognized by the Council for Higher Education Accreditation (CHEA) and the US Department of Education, meeting IHRSA's 2005 recommendation on accreditation for fitness certification organizations.

**Workshop Fee: \$351.75(Normally \$469)**

**15 CEUs for AFAA certified professionals**

## COURSE OBJECTIVES:

Upon completion of AFAA's Personal Trainer Certification course, you will be able to:

- Design and implement an exercise program for specific client situations and goals (i.e. obesity, hypertension, muscle gain, sedentary, other), based on currently accepted industry protocols
- Assess and deliver appropriate response(s) for safety matters such as injury prevention, preexisting conditions, and emergency response
- Comprehend and integrate exercise science subject matter (i.e. physiology, nutrition, kinesiology, and more) at rest and during exercise
- Facilitate triage protocol within initial and ongoing assessments, health risk analysis, and liability concerns
- Define and describe program modifications for special populations (e.g. older adult, hypertension, diabetes, asthma, obesity, basic orthopedics, youth, pregnancy, and more).
- Communicate using verbal/non-verbal, open-ended vs. close-ended questioning, and cueing techniques to motivate individuals regarding exercise
- Incorporate professionalism in his/her practice by following the Code of Ethics and related legal guidelines

## CURRICULUM COMPONENTS:

- Anatomy and kinesiology
- Fitness assessment testing procedures (3-minute step-test, sit-and-reach, push-up, abdominal crunch, and body composition screening with skin-fold caliper measurement)
- Nutrition fundamentals and weight management
- Special populations and medical considerations
- Listening, leadership, and motivational skills
- Exercise programming in the weight room
- Wellness programming and screening guidelines

## RECOMMENDATIONS & REQUIREMENTS:

For the aspiring and experienced fitness professional working one-on-one with exercise Clients and seeking a personal trainer course and certification (also referred to a Personal Fitness Trainer Certification

- Early registration and pre-study is required
- Weightroom/weight training experience is strongly recommended

## FEE & MATERIALS

The Personal Trainer Course and Certification workshop fee is \$351.75 (normally \$469). This fee includes

- Three-day Workshop
- Written and Practical Exams
- Personal Fitness Trainer Certification v3 Study Guide
- One-Year AFAA Membership (\$68 value) or membership extension to current members
- Subscription to *American Fitness Magazine*
- AFAA Personal Trainer Certification is awarded upon successful completion of both written and practical examinations and proof of current CPR certification)
- 15 CEUs for AFAA certified professionals
- Fee does not include the recommended *Personal Training: Theory and Practice* textbook (\$59 plus shipping)

*If you have a disability and require special accommodations at an AFAA workshop, please call 800-446-2322 x213 in advance*

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## Prepare for the Written Exam

- Personal Fitness Training: Theory & Practical Textbook
- Practice Test for Personal Trainer Certification
- Personal Trainer Online Prep Course

## Prepare for the Practical Exam

- Personal Trainer Assessment DVD
- Telexercise® Resistance Training Online Course

## Related Materials

- Fitness Triage® Risk Assessment
- Osteoball® Training for Bone Health Home Study

**For more information, please go to [www.afaa.com](http://www.afaa.com)**