

Certified Personal Trainer

Aligned Program of Study: Sport and Human Performance

Description

Personal trainer certification can be an important step in establishing credibility and earning respect as a qualified exercise professional. Personal trainers are at the front line of the health and fitness movement and use research-based techniques to help people of all fitness levels reach their personal fitness goals. Although personal trainer certification is not required by Tennessee state law, most health clubs and recreation centers require that their employees be certified. Moreover, in Tennessee, personal trainer certification allows personal trainers to be incorporated and more accessible to clients looking for quality service.

Preparing to offer the certification

Required Instructor Qualification

CTE teachers with a Health Science endorsement are eligible to prepare students for this certification.

Materials and Resources

Preparation material availability varies by test owner and vendor.

Vendors

TDOE does not currently have a data-sharing agreement with any vendor for this certification, therefore the burden of proof to provide evidence of earning the certification will be on the school system.

Materials, resources, registration, testing sites, test details, and prices vary by vendor. The following vendors are accredited by the <i>Institute for Credentialing Excellence</i>.		
Test Owner	Test Vendor	Test Information
ACTION Certification	Prometric	Online instructions
American College of Sports Medicine	Pearson VUE	Test handbook
National Academy of Sports Medicine	Proctor U	Test handbook
National Council for Certified Personal Trainers	Prometric	Test handbook
National Council on Strength and Fitness	Prometric	Online instructions
National Exercise Trainers Association	Proctor U	Test handbook
National Strength and Conditioning Association	Pearson VUE	Online instructions
PTA Global	Pearson VUE	Test handbook

Other things to consider when selecting a vendor

Accreditation is the process by which a credentialing or educational program is evaluated against defined standards and is awarded recognition if it complies with those standards. The Institute for Credentialing Excellence (ICE) currently offers accreditation to professional certification programs through the National Commission for Certifying Agencies (NCCA), which is recognized by the Department of Defense. All Health Science promoted industry certification credentialing companies are accredited through ICE.