

Download Personal Trainer Certification

Get a personal trainer certification from NASM. Top rated trainer certification programs, study guides, exam prep, and advanced credentials Personal Trainer Certification. With a certification accredited by the National Commission for Certifying Agencies (NCCA) and built on the foundation of the ACE Integrated Fitness Training® Model, you will be equipped to deliver individualized programming proven to move people to adopt sustainable, healthy behaviors and a more active way of life. At the National Personal Training Association, we offer complete online personal training certification with no hidden costs or extra purchases required. You may obtain your CPT certification online immediately once you pass the final exam with our free instant 24/7 email pdf certification card. Before starting your personal trainer certification program, you'll need to have completed a few prerequisites. 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. Become a Personal Trainer at PFTA Personal Trainer Certification School. Locations in Austin, Houston, Dallas - Fort Worth, and San Antonio. Request your free catalog. Personal Training Certification. The average sedentary individual's resting heart rate is 105 beats per minute (bpm). Your answer is incorrect for question 4. Athletes usually have lower heart rates than sedentary individuals. An endurance athlete's resting heart rate is usually lower than a sedentary individual's. Nationally Recognized Personal Trainer Certifications. You should also be aware of the most prominent organizations that offer nationally-recognized personal trainer certifications. The top health clubs and gyms in Texas all require job candidates to hold a credential through one of these certifying bodies. Jumpstart your journey. What's required? Certified Personal Trainers must be 18 years of age, hold a current cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) certification. Guaranteed Employment or Your Money Back! As part of the CPT Career Booster program, NASM guarantees you'll find a job within 90 days... ACSM Certified Personal Trainers® are motivated fitness leaders, backed by knowledge and abilities that set the standard for the industry. Want to learn how the ACSM Certified Personal Trainers® stack up to other personal trainer certifications? View the personal trainer certification comparison chart. Our NCCA Accredited Personal Trainer certification ensures you have the skill and industry recognition necessary to succeed.