

Kinesiology Certifications

National Strength and Conditioning Association ([NSCA](#))

1. NSCA Certified Personal Trainer ([NSCA-CPT](#)):

a. Description:

- i. NSCA-CPT® are health/fitness professionals who, using an individualized approach, assess, motivate, educate and train clients regarding their personal health and fitness needs. They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately in emergency situations.

b. Prerequisites

- i. 18 years old
- ii. High School Diploma or equivalent
- iii. CPR AND AED certified

2. Certified Strength and Conditioning Specialist ([CSCS](#)):

a. Description:

- i. CSCS® are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.

b. Prerequisites

- i. Bachelor Degree from Accredited institution
- ii. CPR and AED certified

3. Tactical Strength and Conditioning Facilitator ([TSAC-F](#)):

a. Description:

- i. TSAC-F® apply scientific knowledge to physically train military, fire and rescue, law enforcement, protective services, and other emergency personnel to improve performance, promote wellness, and decrease injury risk. They conduct needs analyses and

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physical testing sessions, design and implement safe and effective strength training and conditioning programs, and provide general information regarding nutrition.

- b. Prerequisites
 - i. 18 years old
 - ii. High school diploma or equivalent
 - iii. CPR AND AED certification
- 4. Certified Special Population Specialist (CSPS):
 - a. Description:
 - i. CSPS® are fitness professionals who, using an individualized approach, assess, motivate, educate, and train special population clients of all ages regarding their health and fitness needs, preventively, and in collaboration with healthcare professionals. They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and recognize and respond to emergency situations.
 - b. Prerequisites
 - i. Have one year to submit documentation demonstrating completion of the following
 - 1. Current NSCA cert (CSCS, NSCA-CPT, TSAC-F) OR NCCA-accredited personal trainer cert OR BA/BS or higher education by an accredited institution in Ex. Rx. or a related field (PT, Chiropractic medicine, etc) OR current license as a PT, PTA, Athletic trainer, or registered dietitian
 - 2. CPR AND AED certified
 - 3. Minimum of 250 hours of related practical experience

American College of Sports Medicine ([ACSM](#))

- 1. Certified Exercise Physiologist (EP-C)
 - a. Description:
 - i. Do you see exercise as an important element in the prevention and treatment of disease, and want to motivate people to practice healthy behaviors? ACSM Certified Exercise Physiologists® take training to an advanced level by conducting and interpreting physical fitness assessments and developing exercise prescriptions for people who are healthy or have medically controlled diseases.

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- b. Prerequisites
 - i. Bachelor's Degree in Exercise Physiology or Kinesiology
 - ii. Adult CPR/AED certified
 - c. Jobs:
 - i. Manage fitness facility, personal training, group fitness
2. Certified Group Exercise Instructor ([GEI](#))
- a. Description:
 - i. Do you love the energy of a group exercise class? Using a variety of teaching and motivational techniques to create a positive exercise experience, ACSM Certified Group Exercise Instructors® (GEI) are at the forefront of the group exercise movement. From coaching an individual through a tough session to providing healthy lifestyle support outside of class — the personal impact you'll make is long-lasting.
 - b. Prerequisites
 - i. The requirements to obtaining this certification are as follows. The aspiring individual must be 18 years or older with a high school diploma or certification with equal value. They must also be adult CPR/AED certified.
3. Certified Clinical Exercise Physiologist ([CEP](#))
- a. Description:
 - i. Do you believe in the therapeutic benefits of exercise? ACSM Certified Clinical Exercise Physiologists® (CEP) provide exercise-related consulting, and conduct assessments and individualized training to guide and strengthen the lifestyles of those with cardiovascular, pulmonary, and metabolic diseases and disorders.
 - b. Prerequisites
 - i. The minimum requirements for this certification are a bachelor's degree and some working field experience.
4. Registered Clinical Exercise Physiologist ([RCEP](#))
- a. Description:
 - i. Be prepared to work with a team of healthcare professionals who impact patient quality of life on a daily basis – and counsel clients, too – by becoming an ACSM Registered Clinical Exercise Physiologist® (RCEP). Field-experienced and highly educated, ACSM RCEPs are prepared to work in collaboration with a clinical or research team that oversees exercise programming in

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individuals experiencing a state of disease or who are physically limited. An ACSM RCEP impacts individuals' quality of life on a daily basis.

- b. Prerequisites
 - i. Minimum of Master's degree in Exercise Science, Exercise Physiology, or Kinesiology - coursework must cover clinical exercise physiology, clinical exercise assessment & testing, clinical exercise prescription and clinical exercise training.
5. Certified Inclusive Fitness Trainer (CIFT):
 - a. Description:
 - i. Created in collaboration with the National Center on Health, Physical Activity and Disability (NCHPAD), ACSM/NCHPAD Certified Inclusive Fitness Trainers (CIFT) are uniquely qualified to work with people who have health risks and/or physical limitations. With an understanding of current ADA policy, ACSM/NCHPAD CIFTs create adapted programming that promotes safe and effective training – while also providing motivational support for a healthy lifestyle.
 - b. Prerequisites
 - i. Current ACSM or NCCA-accredited health/fitness-related certification **OR** Bachelor's Degree in Exercise Science, Recreation Therapy or Adapted Physical Education
 - ii. Adult CPR/AED certified (with hands-on practical skills component)
6. Certified Cancer Exercise Trainer (CET):
 - a. Description:
 - i. Do you want to give guidance and strength through exercise to people living with cancer? Created in collaboration with the [American Cancer Society](#) (ACS), ACSM/ACS Certified Cancer Exercise Trainers (CETs) design and administer fitness assessments and exercise programs specific to a person's cancers diagnosis, treatment, and current recovery status.
 - b. Prerequisites
 - i. Adult CPR/AED certified (with hands-on practical skills component)
 - ii. Bachelor's Degree (in any field) with 500 hours of experience training older adults or individuals with chronic conditions **OR**
 - iii. 10,000 hours of experience training older adults or individuals with chronic conditions
7. Physical Activity in Public Health Specialist (PAPHS)



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- a. Description:
 - i. Promote physical activity from the playground to policy-makers by becoming an ACSM/NPAS Physical Activity in Public Health Specialist (PAPHS). In collaboration with ACSM and the [National Physical Activity Society](#) (NPAS) – learn how to make your voice heard for the advancement of your community on the way to building partnerships, developing initiatives, and advocating for programming that centers on physical activity as a path to stronger public health.
- b. Prerequisites
 - i. Bachelor's degree in a health-related field from a regionally accredited college or university, or Bachelor's degree in any subject with 1,200 hours of experience in settings promoting physical activity, healthy lifestyle management or other health promotion.