

Personal Training Certification

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1111 SW 10th Street, Newport, OR 97365 1-800-324-8315

National Association for Fitness Certification

Welcome to the **National Association for Fitness Certification**

Personal Trainer Certification Questions & Answers

What you need to know to begin your
career as a fitness professional.

*For more information check out
the NAFC website and LIKE us on Facebook!*

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What is the NAFC?

National Association for Fitness Certification

The NAFC was established by a forward-thinking group of fitness professionals, representing expertise in fields including **Exercise Physiology, Adaptive Physical Education, Medicine, Nursing, Professional Coaching, and Nutrition**. Their desire is to enhance current fitness certification standards by providing access to convenient & comprehensive, yet practical and affordable education and skills.

"When the NAFC certifies you, we teach you how to train. We train you in knowing how to move bodies. We train you to be successful."



NBFE
AFFILIATE

National Accreditation

The NAFC is nationally accredited, recognized and approved as a full affiliate of the National Board of Fitness Examiners. NBFE assures credibility for the fitness industry by setting a national standard of practice in our field. Go to the NBFE website for details, <http://www.nbfe.org>



<http://www.NAFCTrainer.com>

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Welcome to the National Association for Fitness Certification!

The NAFC, established in 1992, is one of the fastest growing fitness certification organizations in the United States. The NAFC is dedicated to a higher education in applied biomechanical science.

We provide a scientifically based, standards-focused education.

Our mission is to educate you in becoming a critical thinking

"Movement Specialist"

in your career as a

- Group Fitness Instructor
- Personal Trainer
- Wellness Consultant

*The NAFC credential is
the promise of credibility.*

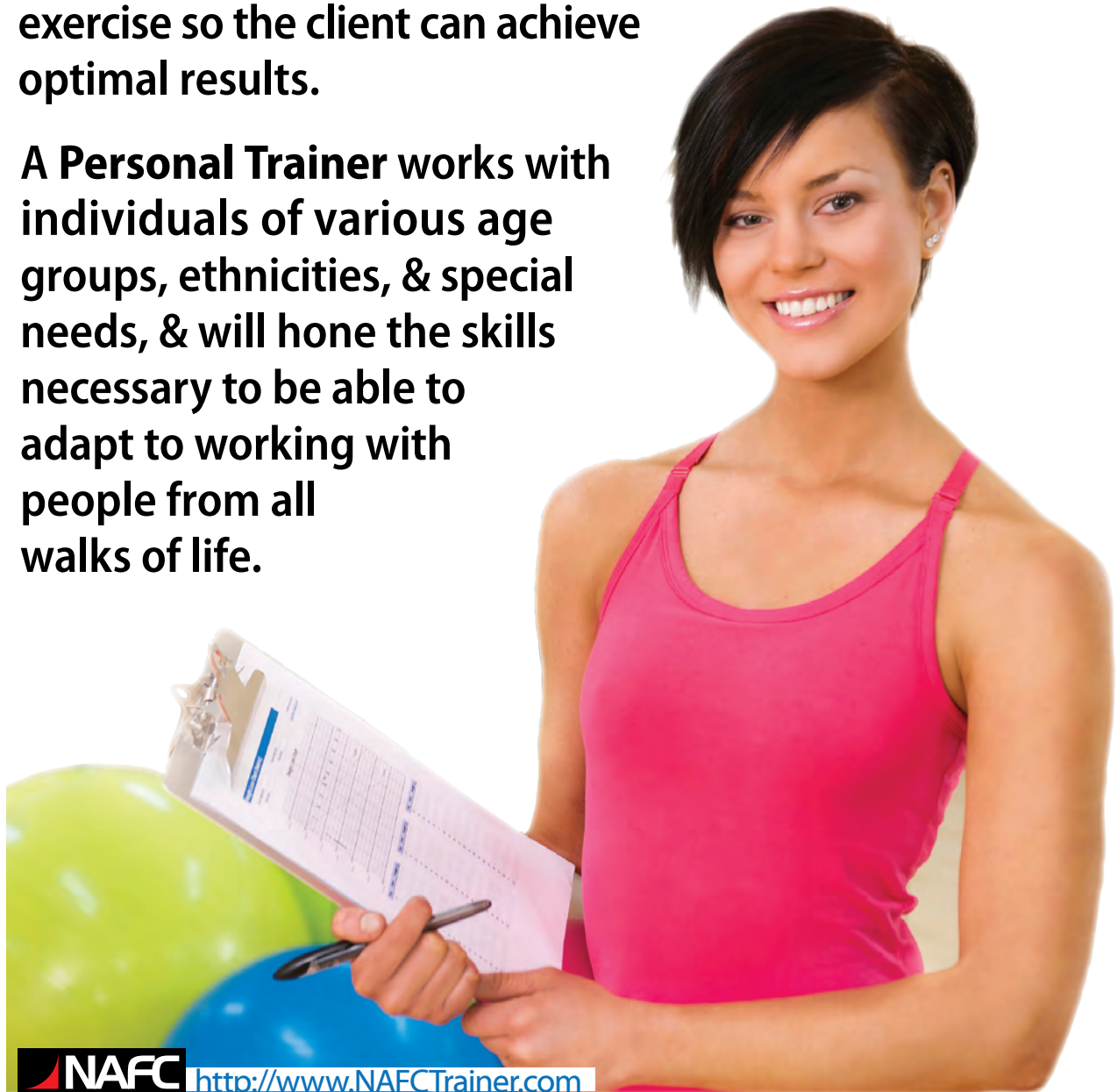


What is a Personal Trainer?

A Personal Trainer is a person who designs customized training programs and monitors fitness progress for individuals & small groups.

A good Personal Trainer effectively communicates proper form, purpose, & intention behind each exercise so the client can achieve optimal results.

A Personal Trainer works with individuals of various age groups, ethnicities, & special needs, & will hone the skills necessary to be able to adapt to working with people from all walks of life.





Where do Personal Trainers work?

Most people think Personal Trainers only work in gyms. However, a highly qualified NAFC trainer is limited only by his or her imagination! Consider the possibilities:

**Resorts • Hotels • Country Clubs • Corporations
Senior Homes • In-home Training • Cruise Ships
Private Studios • Vacation Fitness Spas & more...**

Some trainers prefer the simplicity of subcontracting with a health club; others prefer independence and open their own studios. Pay attention to overhead costs and fees! Others work at various locations if there is a non-compete agreement made. (Be sure you get everything signed and in writing to avoid unnecessary miscommunication.)

What type of career advancements are available for Personal Trainers?

A successful NAFC Personal Trainer has many options for advancement through continuing education certifications & specializations. Knowledge from the NAFC courses such as Lifestyle Coaching, Wellness Coaching, or Nutritional Coaching is in great demand and can help clients get results! There are also opportunities such as personal training managerial positions, becoming an owner of your own studio/facility, or working in hospitals or other healthcare facilities.



There are no limits to your potential!

What is the future of Personal Training?

Is the demand growing or shrinking?



According to CNN MONEY list of Best Jobs in America, **Personal Training ranked #2** with a 29% growth rate over the next 10 years due to fitness conscious baby boomers, as well as companies that are beginning to incorporate fitness into their corporate wellness programs. Research has shown that in today's downward economy, folks are continuing to spend money on taking care of themselves, and placing less emphasis on "having things." More and more, people are getting wise in realizing that a \$50 monthly gym fee is minimal compared to a potential \$50,000 hospital bill. Therefore, the need for health clubs and wellness centers remain constant despite a tough economy.

Does it matter who I get certified through?



Yes!

Look for certifications, educations and programs approved by accrediting agencies such as the NBFE and the NCCA. It's also wise to look for a certification that educates you on applied biomechanics & practical application by offering live events and workshops.





How long does it take to get certified?

Because you are able to study at your own pace, attaining certification can range from three months to a year, depending on the certification. Because health and fitness is and has been a fast-growing industry that continues to evolve and to change, it is imperative that trainers seek out the continuing educational courses that emphasize applied practical workshops where trainers receive important hands-on training every year or two.



IN THE END
YOUR
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YOU PUT
INTO IT

How much does a personal trainer make?

The median pay for a full time personal trainer is \$52,600 ranging up to \$136,000. This will vary with demographics and whether the trainer has chosen this path as a career or if he/she has chosen it as a hobby. Remember, the average trainer DOES NOT know how to do this as a full-time career. Look for Continuing Educational courses that will teach you how to make this endeavor into a successful business, not just a hobby.

How much does certification cost?

Certification can range from a couple of hundred dollars to thousands of dollars. However, the price tag of a certification does not always indicate the quality of education you will be receiving. Be leery of the quick one-day or weekend "deals" that would allow any Joe Blow to go out and train after they receive a "stamp of approval." Shop around & find the organization that best suits your budgetary as well as career needs.

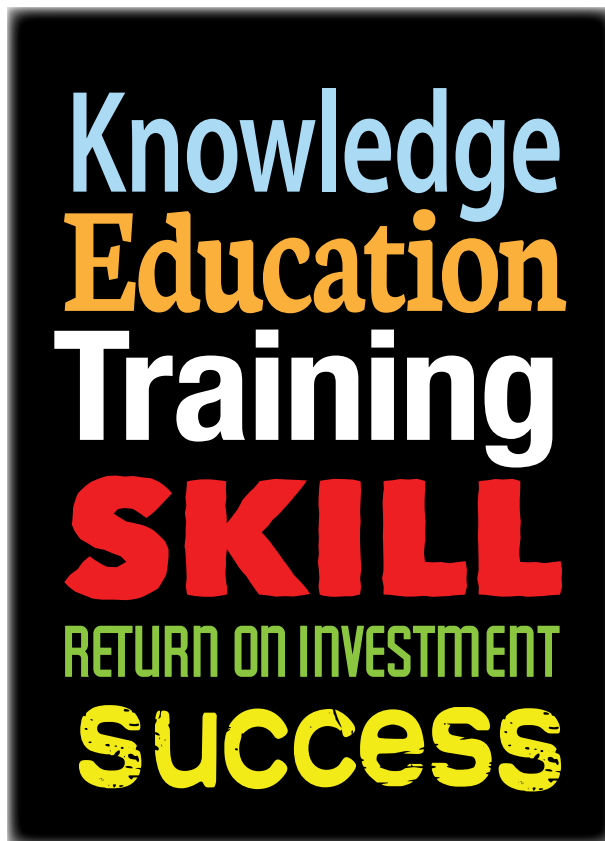


The NAFC offers the best dollar for dollar value. Along with on-line manuals that allow you to study at your own pace, and a full curriculum to give you every advantage towards your success, the NAFC adds the hands-on advantage in our three day practical workshops to make theory practical and real. The NAFC advantage is a formula for success.



What kind of work schedule does a Personal Trainer have?

One of the biggest benefits of being a personal trainer is the ability to have a flexible work schedule depending on your needs and those of your client. The average trainer meets four to five clients a day. The professional, motivated trainer can build a lucrative (and fun) career training eight to twelve clients per day. A focused trainer will write down specific goals and go for it!



Does being certified guarantee I will make a living?

Most certifications available today will provide you with the same amount of education on training a client once you have a client, but they will not educate you on how to obtain and retain a client. Statistics

show that the rate of attrition in most health clubs is climbing to 80 plus percent. This is a major concern to gym/facility owners whose desire is to keep operations intact and training departments successful while facing a tenuous economy. These owners/managers will need to find & keep the most qualified, well-trained fitness professionals! Trainers who are certified through the NAFC are fully equipped with the skills necessary to build a successful business as a professional trainer, as well as given the educational tools to retain their clients on a long-term basis.



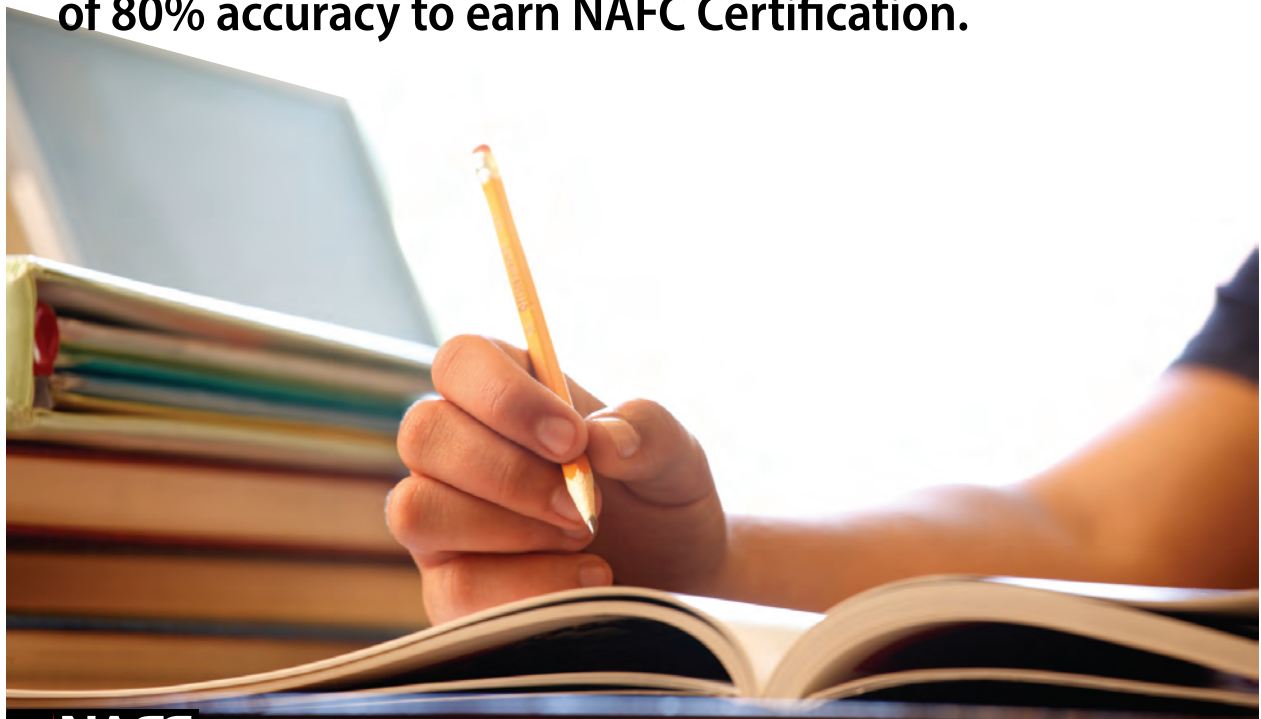
How Do I Choose A Personal Training Certificate?

When selecting a personal training certificate, take time to find a course that:

- **Is accredited through the NBF or other credible organization**
- **Offers continuing educational opportunities**
- **Includes hands-on training and workshops**
- **Provides you with a caring customer support staff**

Top 10 Reasons To Get Certified Through the NAFC

- 1 The NAFC evaluates each certification program** from textbooks through exams on an annual basis, updating the materials as needed. Selected tests are thus ensured to include the most accurate and current information in the industry.
- 2 The NAFC follows guidelines established by ACSM,** the American College of Sports Medicine, emphasizing practical information with respect to a comprehensive knowledge base.
- 3 The theoretical components of NAFC Certifications** are comprehensive. Students must complete a mandatory workbook, practical (performance) exam, as well as comprehensive written exams with a minimum of 80% accuracy to earn NAFC Certification.



- 4 NAFC practical exams emphasize skills necessary for effective leadership in specific areas of instruction.** Examples include body alignment, exercise technique, safety awareness, exercise testing, muscle groups and actions, execution of proper form and techniques of alignment during muscle isolation exercises.
- 5 The NAFC is dedicated to a focus upon practical application and to developing critical thinking fitness professionals.** If your area of study is Personal Training, the NAFC will teach you how to move the human body with an in-depth knowledge of body mechanics and an understanding of corrective movement.



- 6** Not only will you learn the skills to train a client but you will also **learn how to build and retain your client base.**
- 7** The **NAFC** offers **continuing education** opportunities as well as additional certification opportunities to further benefit you and your clients such as nutrition, wellness consultant, Pilates coach, group fitness instructor and more.
- 8** Earn on average income of **20% or more** than less practically trained trainers.
- 9** Enjoy a rewarding career helping others achieve their personal fitness goals.
- 10** Be one of the select who can say they are **NAFC-Certified!**



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What you will be able to do with your **NAFC Personal Training Certificate**

- Understand basic anatomy & biomechanics as related to strength training
- Understand muscle structure and function
- Understand & explain principles of safe & effective strength training
- Create an appropriate strength-training program
- Identify safe & effective exercises for all major muscle groups
- Understand effective exercise programming
- Understand the importance of procedures for accurate record keeping & client progress charting
- Design strength training programs for a diverse population
- Differentiate between beginner & advanced strength training methods
- Develop skills to obtain & maintain training clients



Top Reasons People Seek Personal Training

Lose Weight

People often seek a personal trainer because they want to lose weight and work out regularly, but are unfamiliar with the gym and procedures, or need help pushing past a plateau.

Gain Weight

Some people often won't see results on their own and seek a personal trainer to get the results desired.



Top Reasons People Seek Personal Training (cont.) **Don't know where to begin.**

Knowing how to set up a complete exercise schedule that includes all the activities you need to do – cardio, weight training and flexibility can be overwhelming. Add the time and knowledge it takes to choose exercises, weights, reps and sets and you may quit before you even start.

This is where a personal trainer can be the biggest help.

He or she can help you maximize your time while keeping you within your own limits so you don't overdo it. He/she can also help you set goals and map out a specific schedule so you know when, how and where you fit in your workouts. If you are an experienced exerciser, maybe you haven't considered working with a personal trainer. However, it can be a great choice if you need some variety in your workouts.

A trainer can bring a fresh perspective & new ideas to challenge both your body and your mind. Even if you just do a few sessions or meet every few weeks, you'll find it refreshing to have new workouts and new exercises to play with.

We invite you to visit <http://www.NAFCTrainer.com> to learn more.

NAFC Certifications

- Personal Training
- Group Fitness Instructor
- Wellness Consultant
- Health and Wellness
- Nutrition Coach

Pilates Coach Certifications

- Anatomy and Physiology Module
- Pre-Pilates Postural Assessment Module
- Mat 1 Certification
- Mat 2 Certification
- Reformer 1 Certification
- Reformer 2 Certification

NAFC Programs

- Weight Training
- Fitness Assessment
- Lifestyle Consultant
- Aerobics & Step Instructor

Continuing Education Programs

- The Athlete Inside
- Continuing Quality Improvement-IQ
- Do You Hear What Your Clients Are Saying
- Building Instructor Versatility
- Injuries and Active People
- Personal Training Practical Application

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National Association for Fitness Certification

**Check the NAFC website for complete
information about Certifications,
Workshops, & Continuing Education.**

**LIKE us on Facebook for
discounts, up-to-the-minute news,
professional fitness tips, and
currently scheduled workshops.**



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