

## What is the Best Personal Fitness Trainer Certification?

The question “What is the best personal fitness trainer certification?” is asked every day throughout the world by everyone considering a career in the fitness industry. By some estimates, there are over 400 different personal fitness trainer certifications to choose from. Virtually every one of them will claim to be the best personal fitness trainer certification. The only logical way to determine which is the best personal fitness trainer certification is to use deductive reasoning and gather facts from valid, reliable, third-party sources. Without the use of a fair, unbiased criteria to evaluate which is the best personal fitness trainer certification, you are left with misinformed, prejudiced, unreliable opinion, slick advertising and marketing hype!

Researching the facts on over 400 personal fitness trainer certifications is an overwhelming task for almost everyone. Fortunately there is a very easy way to narrow your choice to a manageable few.

Years ago, when the proliferation of the numerous personal fitness trainer certifications began, the International Health, Racquetball & Sports Clubs Association (IHRSA), the leading non-profit health club association and many of the fitness industry’s leading organizations grew concerned. Many of these personal fitness trainer certifications were highly questionable and many were “selling” certificates with no discernable qualification to become a “certified” personal fitness trainer. These nefarious organizations presented a threat to the safety of the public, since they were “certifying” people without the requisite knowledge, skills and abilities necessary to ensure safe and effective personal fitness training. The only logical decision to be made was for the credible, qualified, valid and reliable personal fitness trainer certifications to demonstrate their superior and professional qualities from the nefarious organizations that were selling worthless certificates, by earning accreditation through the National Organization for Competency Assurance (NOCA) and their certifying commission, the National Commission for Certifying Agencies (NCCA). Of the over 400+ personal fitness trainer certifications, only a very few met the very demanding standards required for NOCA, NCCA accreditation, including: the International Fitness Professional Association (referred to as the IFPA, [www.ifpa-fitness.com](http://www.ifpa-fitness.com)), ACE, ACSM, NASM, NSCA, NFPT, NCSF, NESTA, NETA, and the Cooper Institute. The NOCA, NCCA accreditation standards prove that these ten personal fitness trainer certifications are the best personal fitness trainer certifications in the world. NOCA, NCCA accreditation requires a certification to meet 20 highly demanding standards. These standards are proof that the certifications constructed their certification tests according to the most current industry standards for educational and psychological testing and evaluation; constructed all examinations based on the most current psychometric standards from Job Analysis Surveys (JAS), following a scientifically designed system culminating in professional examination administrative procedures and much, much more. It normally requires three years of hard work and considerable time, effort, energy, expense, and other resources to achieve NOCA, NCCA accreditation.

Do not be fooled into believing that other accrediting organizations have the same level of credibility as NOCA, NCCA. Several accrediting organizations have appeared, developed by some certification organizations themselves, primarily as an easy alternative for the nefarious organizations who cannot qualify for NOCA, NCCA accreditation.

Do not be fooled by organizations that are members of NOCA. This is a meaningless claim whose only requirement is for the organization to pay an annual fee to join NOCA. NOCA, NCCA accreditation is the only credential to look for in a valid, credible and reliable certification.

Using deductive reasoning, you can easily conclude that the 10 certifications listed above are the best personal fitness trainer certifications in the world. Out of 400+, your choice is now narrowed down to the 10 best certifications.

NOCA, NCCA accreditation is evidence of the high quality of the certification examination process, but is not the best criteria to judge the educational and training components of the organization. NOCA, NCCA standards require an organization to separate certification from educational and training functions. The best NOCA, NCCA counterpart for education and training is the International Association for Continuing Education and Training (IACET). IACET has highly demanding standards for educational and training organizations. Of the ten best personal fitness trainer certifications listed above, only the International Fitness Professionals Association, IFPA, has also achieved the demanding IACET standards for the superior quality of the IFPA personal fitness trainer educational and training programs. Education and training is an essential criteria for fitness professionals. Developing the best training program required the IFPA to conduct the most comprehensive Job Analysis Survey (JAS) in the fitness industry. The IFPA JAS evaluated over 150 specific knowledge, skills and abilities (KSAs) required for successful, safe and effective personal fitness training. The IFPA organized the world's most knowledgeable and experienced Subject Matter Experts (SMEs) to determine the value of each of these KSAs. This process was used to develop the IFPA system and modalities for the IFPA "best practices" to perfect the "scope of practice" for a personal fitness trainer. Though there are many benefits to becoming a member of the IFPA, one more reason why many knowledgeable, well-informed fitness professionals determined the IFPA to be the best certification for personal fitness trainers is that the concise IFPA educational and training programs are the very best way to prepare fitness professionals for success by teaching the KSAs for the ideal personal fitness training scope of practice.

Many of the fitness industry's finest experts and leaders consider the IFPA to be the best because the IFPA has used the same SMEs of NOCA, NCCA & IACET standards to develop over 65 advanced and specialized certification courses to dramatically increase the knowledge, expertise, and professionalism of fitness professionals. These courses vastly increase the skills of fitness professionals to expand their "scope of practice", preparing them to work alongside physicians to execute the doctors' exercise and nutrition prescriptions and manage the exercise program for the doctors' patients. These prescriptions provide care and prevention of the over 65 different diseases, disabilities and dysfunctions afflicting the patients. Exercise and nutrition are the only cure for these dysfunctions. Drugs treat symptoms! Only exercise and nutrition prescriptions will provide effective treatment, care and prevention for the underlying dysfunction that afflicts the patient!

The IFPA is the best personal fitness trainer certification because only the IFPA will put you on the path to achieving your highest potential success in the fitness industry.

Only the IFPA offers such a powerful array of extremely valuable certification courses for fitness professionals. The other nine certification organizations listed here offer their members a

few, between 3 to 5, certification courses. By the end of 2009, the IFPA will be offering over 70 certification courses! Far more than those offered by the other top nine, *COMBINED!*

The Fitness Institute of Technology has determined that the knowledge, skills and abilities provided by these IFPA certification courses can be used to earn college degrees. These IFPA certification courses can earn the fitness professional an Associate's Degree, A.S.; Bachelor's Degree, B.S.; Master's Degree, M.S.; and/or a Doctor of Philosophy Degree, PhD. in Sport and Personal Fitness Training or Medical Fitness Specialization. The Fitness Institute of Technology, in conjunction with the IFPA certification courses and an incredible Internship Practicum, developed exclusively for the Fitness Institute of Technology, provides each student with the best knowledge, skills and abilities and the best practical learning experience to perfect these KSAs. This degree opportunity is unequalled by any other certification organization, including the other top nine listed above.

You have a unique opportunity, not only to increase your own knowledge, skills and abilities, not only to increase your opportunities for success, not only to elevate yourself far and above all your competition, but to earn a practical, useful, and vital degree. This degree opportunity is ample reason to select the IFPA as the best personal trainer certification. But there is another, even more powerful reason to select the IFPA as the best personal fitness trainer certification.

In 2003, Dr. Robert Goldman, MD, DO, PhD, FAASP, founder of the NASM, Co-founder of the American Academy of Anti-Aging Medicine (A4M), and Chairman of the International Medical Commission (IMC) met with Dr. Jim Bell, CEO of the IFPA, to request that Dr. Bell develop a specialized program designed to teach and certify physicians on the safe and effective use of exercise and nutrition prescription. The goal of this innovative program would be to optimize patient care through fitness and healthy lifestyle. Physicians in the A4M and IMC had discovered over 65 different diseases associated with lack of exercise and unhealthy lifestyle and wanted the knowledge, skills and abilities provided by the IFPA to combat the preventable epidemics of obesity, heart disease, cancer and diabetes. Working together, Drs. Goldman and Bell have developed a physicians' Fellowship program: The American Boards for Kinesiology, Nutrition and Sports Medicine (ABKNSM-pronounced a-back-sum). The ABKNSM Fellowship consists of self-study and six 3-day Modules to provide the physician with extensive knowledge, skills and abilities in exercise and nutrition prescription for the safest, most effective modalities in ultimate patient care! Physicians who successfully complete the program will be Board Certified Doctors and Fellows in ABKNSM.

Non-physicians have the opportunity to gain the same knowledge, skills and abilities through the ABKNSM-Health Practitioner (ABKNSM-HP). Successful completion of ABKNSM-HP will lead to the ABKNSM-HP certification and will enable healthcare providers and degreed certified personal fitness trainers to work alongside the physician to execute the exercise and nutrition prescription.

ABKNSM-HP presents a giant leap forward for personal fitness training! Until now, fitness training has targeted the healthy gym goers. ABKNSM-HP allows personal trainers to target the 92% of the population that truly need your help to live a longer, healthier and happier life! ABKNSM-HP increases your potential client market by over *TENFOLD!* ABKNSM-HP

enables you to command greater fees due to your greater knowledge and capabilities!  
ABKNSM-HP enables you to achieve your destiny of becoming the best personal fitness trainer.

Since the content of several IFPA certification courses were used in the development of ABKNSM the IFPA is the logical certification of choice, but the ABKNSM-HP program will accept any NOCA, NCCA accredited certified personal fitness trainer. If you are certified by any NON-NOCA, NCCA accredited certification, the IFPA will offer you a discounted rate on an IFPA personal fitness trainer certification course so you can become qualified for the unlimited potential offered by ABKNSM.

### Summary:

- There are over 400 Personal Fitness Trainer certifications.
- The 10 best personal fitness trainer certifications are the ten that have achieved the very demanding NOCA, NCCA accreditation: IFPA [www.ifpa-fitness.com](http://www.ifpa-fitness.com) , ACE, ACSM, NASM, NCSF, NFPT, NSCA, NESTA, NETA and the Cooper Institute.
- Of the 10 best, only IFPA has achieved the very demanding IACET credential.
- The IFPA has over 65 certification courses; more certification programs than the other nine combined.
- The IFPA is the most practical and therefore, more useful.
- The Fitness Institute of Technology offers A.S., B.S., M.S., and PhD degree programs through IFPA personal fitness trainer certification courses.
- The IFPA personal fitness trainer certifications were used in the development of the Physicians' Fellowship and Board Certification in the American Boards for Kinesiology, Nutrition and Sports Medicine.

You have a choice in your evaluation of which is the best personal fitness trainer certification. You can listen to the biased opinion of the “certified trainer” in your gym who may or may not have 1, 2 or 3 certifications from different organizations, but how could he/she possibly know all the facts on the ten best listed above? Or you can study the facts and use logic and deductive reasoning to determine for yourself that the IFPA has the very best personal fitness trainer certification!