



## Who Trains Your Personal Trainer?

When I moved from Dallas, Texas to Los Angeles the excitement of relocating to the world of fitness was overwhelming. Fitness Magazines, Infomercials, Supplement Production, Pilates, and Bikram Yoga were all born in Los Angeles. With the millions of people moving in and out of Los Angeles, the culmination of diverse backgrounds all have ideas and theories on how to achieve fitness for your daily life.

Can you sort through the many theories and programs that are best for you? If you are like most people in Los Angeles your busy schedule won't allow you to sort through the various programs. If you can sort through the many programs, infomercials, and quick diets, that we are bombarded with you may still be confused on what program works best for you. If you decide to enlist the help of a personal trainer how do you choose a trainer who knows how to sort through the quick fixes? So, the next big question is who trains your personal trainer?

There are many types of certifications trainers can receive. Some certifications are given via the Internet, home study courses, or hands on certification. Today I will focus on four major certifications that personal trainers seek. NCSA, The National Strength and Conditioning Association are the only international and nationally recognized certifications in the fitness industry.

Personal trainers can receive two types of certifications through NSCA, 1.NSCA-CSCS (Certified Strength and Conditioning Specialist) and 2.NSCA-CPT (Certified Personal Trainer.) The certifications are awarded only after passing rigorous testing and obtaining a current CPR card. The Certified Strength and Conditioning Specialist is a more advanced certification with emphasis on building strength and maintaining condition.

The Certified Personal Trainer focuses on personal trainers applying and creating safe programs for clients. For more detailed information on the National Strength and Conditioning Association please visit [www.nscacc.org](http://www.nscacc.org)

ACE, American Council on Exercise is another major certification that is highly recognized in the fitness industry. ACE offers two certifications, group fitness or practical training for personal trainers. The group fitness certification allows certified professionals to teach an array of aerobic classes. The Practical Training for Personal

Trainers breaks training down into 4 sections.

The first section teaches the trainer how to assess overall health and fitness backgrounds to prevent possible injury. Program Design teaches the trainer how to create a safe and effective program to meet clients goals. Upper and Lower Body Training teaches hands on approach to designing effective fitness programs to target both areas of the body. The 4th area taught to personal trainers is effective stretching techniques to prevent injury. For more detailed information on ACE please visit [www.acefitness.com](http://www.acefitness.com)

The American Council on Sports Medicine is a professional organization that provides basic and applied exercise science information. ACSM offers three types of certification. The types of certifications offered through ACSM are 1. ACSM Health/Fitness Instructor 2.ACSM Exercise Specialist and 3.ACSM Registered Clinical Exercise Physiologist.

The ACSM Health/Fitness Instructor will be able to design exercise programs for the general population as well as women who are pregnant, people affected by hypertension or diabetes. The minimum requirements for this certification requires that you have an associates or bachelor degree in a health or fitness background, and current CPR card.

The exercise specialist candidate demonstrates prescribing exercise programs, emergency procedures, counseling patients, and health education for individuals with pulmonary, cardiovascular, and/or metabolic diseases as well as healthy individuals. The Registered Clinical Exercise Physiologist is an allied health professional that works in the application of exercise and physical activity.

The Clinical Exercise Physiologist provides therapeutic or functional benefit to patients The minimum requirements are a graduate degree in a health or fitness background and 1200 hours in clinical experience. For more detailed information on ACSM please visit [www.acsm.org](http://www.acsm.org).

International Fitness Professional Association offers a variety of certifications. The certifications offered through IFPA are as followed: Personal Fitness Trainer, Advanced Personal Fitness Trainer, Master Personal Fitness Trainer, Sports Nutrition Specialist, Weight Management Instructor, Sports Conditioning Specialist, Group Fitness Instructor, Youth Fitness Instructor, and Tai Chi Instructor.

The Personal Fitness Trainer provides the essentials to create a solid foundation for personal training confidence and credibility. The Advanced Specialized training and advanced programs take you to the next level of professional excellence. The Master Personal Fitness Trainer provides extensive exercise education to cover the most thorough evaluation, testing and prescription for clients.

The Sports Nutrition Specialist teaches the trainer guidelines to feed the machine...and get results. 70% of your fitness results are a reflection of what you eat. Weight Management Instructor helps to promote greater health by allowing the trainer to educate clients on nutrition as well as the use of vitamins and supplements. The Sports

Conditioning Specialist allows the trainer to produce superior results for athletic training.

Group Fitness Instructors teaches the instructor on how to create programs that develop powerful workouts in a group setting. Youth fitness instructors can safely design exercise programs for young participants. The Tai Chi Instructor can design safe, effective and enjoyable exercise programs for all ages and levels in the ancient art of Tai Chi. So, the next time you are seeking a personal trainer be sure to ask them who trained them.

A handwritten signature in black ink that reads "Madison Chase". The word "Madison" is on the top line and "Chase" is on the bottom line, with a large, sweeping flourish that loops under the "C" and extends to the left.

For more articles like this one please my website at <http://www.madisonchasefitness.com>