

Exercise and Sports Science with a Concentration in  
**Clinical Exercise Science**

# CERTIFICATION

## *Why get certified?*

Certifications set a resume apart from other candidates' within the Exercise and Sport Science career field, by complimenting and enhancing the skills and knowledge already gained through completion of a Bachelor's degree.

## *Which certification is best?*

This depends on a student's specific goals, since certain certifications are recommended or even required within particular career paths; some organizations only employ certified candidates with certifications approved through the National Commission for Certifying Agencies (NCCA). *[all four organizations and their certifications listed below are NCCA accredited]*

### American Council on Exercise (ACE)

- Personal Trainer
- Group Fitness Instructor
- Health Coach
- Medical Exercise Specialist

### The American College of Sports Medicine (ACSM)

- Personal Trainer
- Group Exercise Instructor
- Exercise Physiologist
- Clinical Exercise Physiologist
- Registered Clinical Exercise Physiologist
- Exercise Medicine
- Career Exercise Trainer
- Inclusive Fitness Trainer
- Physical Activity in Public Health Specialist

### National Strength and Conditioning Association (NSCA)

- Personal Trainer
- Certified Special Populations Specialist
- Certified Strength and Conditioning Specialist (CSCS )
- Tactical Strength and Conditioning Facilitator

### National Academy of Sports Medicine (NASM)

- Personal Trainer

Students should research the unique requirements for each certification of interest...

## *What does the process entail?*

Certification ultimately results from successful completion of a required certification exam; eligibility to take a particular certification exam, however, **may require additional criteria such as CPR/AED certification, achievement of a specific Bachelor's degree, and/or a minimum number of practicum or work experience hours not already included within the undergraduate curriculum.**