

# Health and Fitness Management

# 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 am I qualified for?*

Most seniors in the Health and Fitness Management program meet the requirements for the certifications listed below. Each organization has additional certifications Health and Fitness Management graduates would be eligible for upon degree completion.

## *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

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

- Personal Trainer
- Group Exercise Instructor

### National Academy of Sports Medicine (NASM)

- Personal Trainer

### National Strength and Conditioning Association (NSCA)

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

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

Certification exams can cost between \$240 and \$500. The cost per exam can be found on each organization's website.

## *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.**