



# Department of Kinesiology

Successful completion of a major in the department provides students the opportunity to seek certifications by the organizations below. Certification exams typically involve a fee, and potentially may require travel to a specific testing site. Maintaining a successful certification typically requires ongoing continuing education to retain active status.

## **CERTIFICATIONS REQUIRING A BACCALAUREATE OR MASTERS DEGREE:**

### **ACSM – American College of Sports**

#### **ACSM – American College of Sports Medicine**

*Certification:* **Exercise Physiologist**

*Qualifications:* A minimum of a bachelor's degree in Exercise Science, Exercise Physiology or Kinesiology. Candidates are eligible to take the exam in the last semester of their degree program. An Adult CPR/AED certification (with hands on practical skills component).

*Website:* [www.acsm.org](http://www.acsm.org)

#### **Certification: Registered Clinical Exercise Physiologist**

*Qualifications:* Master's degree from a college or university in exercise science, movement science, exercise physiology, or kinesiology. A minimum of 12 semester hours (credits) specifically address the educational need of individuals with disabilities OR 9 credits with APE course work. AND valid teaching certificate in Physical Education, Competent in Disability studies, motor assessment of individuals with disabilities, report writing, special education law, Development of Individualized Education Programs (IEP), Adaptation and Modifications for Physical Education, etc.

*Website:* [www.acsm.org](http://www.acsm.org)

### **APENS – Adapted Physical Education National Standards**

*Certification:* **Certified Adapted Physical Education (CAPE)**

*Qualifications:* A bachelor's degree with a major in Physical Education or equivalent (e.g. Sports Science, Kinesiology, etc.) and have a minimum of 12 semester hours (credits) specifically addressing the educational needs of individuals with disabilities OR 9 credits with the APE coursework and 3 credits in coursework from a related field as documented with official college/university transcript. Candidates must also have a minimum of 200 hours of documented experience providing Physical Education to individuals with disabilities and a valid teaching certificate in Physical Education.

*Website:* [www.apens.org](http://www.apens.org)

## **NCHEC – National Commission for Health Education Credentialing**

*Certification:* **Certified Health Education Specialist (CHES)**

*Qualifications:* Eligibility to take the CHES examination is based exclusively on academic qualifications. An individual is eligible to take the examination if he/she has: A bachelor's, master's or doctoral degree from an accredited institution of higher education; AND one of the following: An official transcript (including course titles) that clearly shows a major in health education, e.g., Health Education, Community Health Education, Public Health Education, School Health Education, etc OR An official transcript that reflects at least 25 semester hours or 37 quarter hours of course work with specific preparation addressing the Areas of Responsibility for health educators.

*Website:* [www.nche.org](http://www.nche.org)

## **NSCA – National Strength and Conditioning Association**

*Certification:* Certified Strength and Conditioning Specialist (CSCS)

*Qualifications:* To be eligible to take the CSCS examination, candidates must hold at least a bachelor's degree or currently be enrolled as a college senior from an institution that is accredited by one of the six regional accrediting associations: (Middle States Commission of Higher Education, Commission of Institutions of Higher Education (CIHE) of the New England Association of Schools, Northwest Commission of Colleges and Universities, North Central Association of Colleges and Schools, Western Association of Schools and Colleges, or Southern Association of Colleges and Schools.

*Website:* [www.nasca-cc.org](http://www.nasca-cc.org)

## **OTHER CERTIFICATIONS**

### **ACE – American Council on Exercise**

*Certification:* **Personal Trainer**

*Qualification:* You must be at least 18 years old and have a high school diploma (or equivalent). You must also hold a current CPR/AED certification with a live skills check. At the time of the exam you must present a current government-issued photo ID with signature (driver's license, passport, military ID).

*Website:* [www.acefitness.org](http://www.acefitness.org)

*Certification:* **Group Fitness Instructor**

*Qualifications:* You must be at least 18 years old and what a high school diploma (or equivalent). You must also hold a current CPR/AED certification with a live skills check. At the time of the exam you must present a current government-issued photo ID with signature (driver's license, passport, military ID).

*Website:* [www.acefitness.org](http://www.acefitness.org)

**Certification: Health Coach**

*Qualification:* You must be at least 18 years old, hold current CPR/AED certification with a live skills check and be able to present a current government-issued photo ID with signature (driver's license, passport, military ID). You must also submit proof for one of the following before registering for the exam:

- Current NCC-accredited certification or license in fitness, nutrition, healthcare, wellness, human resources or a related field.
- An associate's degree or higher from accredited college/university in fitness, exercise science, nutrition, etc.

*Website:* [www.acefitness.org](http://www.acefitness.org)

**Certification: Clinical Exercise Specialists**

*Qualifications:* You must be at least 18 years of age and must hold current adult CPR (cardiopulmonary resuscitation) certification at the time of the exam. You may sit for the exam without proof of CPR; however, you will not receive your exam results until you provide current CPR certification information. Candidates registering for computer-based testing must have current CPR prior to registration. You must have 500 hours of work experience designing and implementing exercise programs for apparently healthy individuals and/or high-risk individuals, as documented by a qualified professional. You must have a four-year (bachelor's) degree in an Exercise Science or related field. You must also present a current government-issued photo ID with signature (driver's license, passport, military ID).

*Website:* [www.acefitness.org](http://www.acefitness.org)

**AFAA – Aerobics Fitness Association of America**

**Certification: Personal Fitness Trainer**

*Qualifications:* Weight room/weight training experience is strongly recommended. CPR certification required before certificate is issued.

*Website:* [www.afa.com](http://www.afa.com)

**AFPA – American Fitness Professionals and Associates**

**Certification: Personal Trainer (3 levels) and other related certificates (Yoga, Pilates, Group Exercise, and training for a variety of special populations)**

*Qualifications:* 18 years of age; High School Diploma or equivalent. Basic understanding of anatomy and resistance/cardiovascular training. Basic familiarity with resistance training equipment. CPR is not required to take the examination but may be required by employer, or to obtain liability insurance.

*Website:* [www.afpafitness.com](http://www.afpafitness.com)

## **ACSM – American College of Sports Medicine**

**Certification: Inclusive Fitness Trainer**

*Qualifications:* Must have a current ACSM or NCCA-accredited health/fitness related certification OR a Bachelor's degree in Exercise Science, Recreation Therapy or Adapted Physical Education. Must also be certified in adult CPR/AED (w/ hands on practical skills component).

*Website:* [www.acsm.org](http://www.acsm.org)

## **The Cooper Institute for Aerobics Research**

**Certification: Personal Trainer (CI-CPT)**

*Qualifications:* Proof of current adult CPR certification (online CPR courses are not accepted) and a government-issued picture ID **MUST** be provided at examination check-in to receive the test materials.

*Website:* [www.cooperinst.org](http://www.cooperinst.org)

## **NCSF – National Council on Strength and Fitness**

**Certification: Personal Trainer (NCSF-CPT)**

*Qualifications:* None. Must sit for certification exam at an approved location. Workshops with certification exams are available.

*Website:* [www.ncsf.org](http://www.ncsf.org)

## **NETA – National Exercise Trainers Association**

**Certification: Group Exercise Certification, Pilates Instructor, Yoga Instructor**

*Qualifications:* None. Must sit for certification exam at an approved location. Workshops with certification exams are available.

*Website:* [www.netafit.org](http://www.netafit.org)

**Certification: Personal Trainer Certification**

*Qualifications:* Proof of current CPR. Must sit for certification exam at an approved location. Workshops with certification exams are available.

*Website:* [www.netafit.org](http://www.netafit.org)

## **NSCA – National Strength and Conditioning Association**

**Certification: NSCA-Certified Personal Trainer**

*Qualifications:* In addition to taking the exam candidates must be at least 18 years old and have a high school diploma or equivalent. Current CPR and AED certification is also a requirement.

*Website:* [www.nasca-cc.org](http://www.nasca-cc.org)