

Department of
Movement Studies and Wellness Education

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 on-going continuing education to retain active status.

CERTIFICATIONS REQUIRING A BACCALAUREATE OR MASTERS DEGREE:

ACSM – American College of Sports Medicine

Certification: **Health/Fitness Instructor**

Qualifications: An Associate's Degree or a Bachelor's Degree in a health-related field from a regionally accredited College or University (one is eligible to sit for the exam if the candidate is in the last term or semester of their degree program), and possess current Adult CPR certification that has a practical skills examination component (such as the American Heart Association or the American Red Cross). Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Health Care Administration, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Athletic Training, Physiology, Sports Management, Biology, Exercise Physiology, Human Performance, Health Science, Recreation Management/ Science, Nutrition, Community Health, Public Health, and Health Promotion.

Website: www.acsm.org

Certification: **Exercise Specialist**

Qualifications: A Bachelor's Degree in an allied health field from a regionally accredited college or university (Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Physiology, Biology, Exercise Physiology, and Human Performance. One is eligible to sit for the exam if the candidate is in the last term of their degree program); **AND** *Minimum of 600 hours of practical experience in a clinical exercise program (e.g. cardiac/ pulmonary rehabilitation programs, exercise testing, exercise prescription, electrocardiography, patient education and counseling, disease management of cardiac, pulmonary, and metabolic diseases, and emergency management); **AND** Current certification as a Basic Life Support Provider or CPR for the Professional Rescuer (available through the American Heart Association or the American Red Cross).

Website: 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. Current Certification as a Basic Life Support Provider or CPR for the Professional Rescuer. One of the Following: ACSM Exercise Specialist[®] certification (current or expired) OR 600 hours of clinical experience.

Website: www.acsm.org

APENS – Adapted Physical Education National Standards

Certification: **Certified Adaptive Physical Educator (CAPE)**

Qualifications: There are three methods for becoming a CAPE. Recently graduated, qualified physical education teachers can write the certification exam OR Professional physical educator with ten or more

years experience can document professional experience OR Document higher education/institutional involvement.

Website: www.cortland.edu/APENS/

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.nchech.org

NSCA – National Strength and Conditioning Association

Certification: **Certified Strength and Conditioning Specialist**

Qualifications: Registrants take an online exam and must submit an original, official transcript of their academic work, showing attainment of at least a bachelor's degree. Current CPR and AED certification is also a requirement.

Website: www.nsca-cc.org

OTHER CERTIFICATIONS:

ACE – American Council on Exercise

Certification: **Personal Trainer**

Qualifications: You must be at least 18 years of age. You 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.

Website: www.acefitness.org

Certification: **Group Fitness Instructor**

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.

Website: www.acefitness.org

Certification: **Lifestyle & Weight Management Consultant**

Qualifications: You must be at least 18 years of age and must hold current adult CPR (cardiopulmonary resuscitation) certification 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 hold a current ACE Personal Trainer, Group Fitness Instructor or Clinical Exercise Specialist Certification; or a NCCA-accredited certification; or hold a four-year (bachelor's) degree in Exercise Science or related field. Registrants holding degrees in Nutrition or Nursing must submit documentation supporting completion of Exercise Science-related coursework at the time of registration.

Website: 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 300 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; or a current ACE Personal Trainer Certification; or a NCCA-accredited certification. Registrants must submit documentation supporting completion of Exercise Science-related coursework at the time of registration.

Website: 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

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

ACSM – American College of Sports Medicine

Certification: Certified Personal Trainer

Qualifications: A high school diploma or equivalent 18 years of age and Current Adult CPR certification that has a practical skills examination component (such as the American Heart Association or the American Red Cross)

Website: www.acsm.org

The Cooper Institute for Aerobics Research

Certification: Personal Trainer (CI-CPT)

Qualifications: Proof of current adult CPR certification and a government-issued picture ID **MUST** be provided at examination check-in to receive the test materials.

Website: 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

NFPT – National Federation of Professional Trainers

Certification: Accredited Personal Trainer, Weight Trainer, Endurance Trainer

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

Website: www.nfpt.com

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

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

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