

May, 2009

Within recent months several states have begun the process of implementing legislation for licensure of personal trainers. Currently Maryland, California, Massachusetts, Maine, and New Jersey have pending legislation.

Over the course of its 31 years, the National Strength and Conditioning Association (NSCA), a non-profit educational association with over 33,500 members worldwide, has worked to promote, and been in favor of, taking proactive measures to ensure the safety of the general public and promote competent professionals in the field of fitness, performance, and personal training.

The NSCA has established standards and guidelines for professionals to implement in the field of personal training. The present industry standards dictate that a personal trainer should be certified through an organization that offers certifications that have been accredited by the National Organization for Competency Assurance (NOCA). NOCA is a non-profit, 501(c)(3) organization dedicated to providing educational, networking, and advocacy resources for the credentialing community. NOCA's accrediting body, the National Commission for Certifying Agencies (NCCA), evaluates certification organization for compliance with the NCCA *Standards for the Accreditation of Certification Programs*. NCCA's Standards exceed the requirements set forth by the American Psychological Association and the US Equal Employment Opportunity Commission.

The NSCA-Certified Personal Trainer (NSCA-CPT) certification was developed in 1993 for professionals who work one-on-one with their clients in a variety of environments, including health/fitness clubs, wellness centers, schools, and clients' homes. The exam thoroughly tests the knowledge and skills that are necessary to successfully train both active and sedentary physically healthy individuals, as well as individuals with special needs.

Today, more than 9,600 fitness professionals hold this prestigious credential in over 17 different countries. The NSCA-CPT became the first personal training credential to be nationally accredited by the National Commission for Certifying Agencies in 1996 and has continued to set the standard for personal training as the most well-respected personal trainer certification.

The NSCA-CPT exam is developed from an independent role delineation study and job analysis survey. From the results of these surveys the specific tasks that define the profession are identified and questions are developed by a panel of health and human science experts that test knowledge and competency in that area. The job analysis survey is updated regularly and validates the NSCA exam to the job duties of the personal trainer.

To maintain certification, NSCA certified individuals must complete continuing education requirements. The purpose of continuing education is to encourage certified individuals to stay abreast of evolving knowledge and skills in the profession and, in doing so, promote the ongoing competency of those certified. The NSCA requires that each NSCA-Certified Personal Trainer must complete 6.0 CEUs (60 hours of education) in a three year reporting period.

MISSION STATEMENT

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

Therefore the NSCA already has in place long-established processes of: 1) a nationally accredited certification, 2) mandated continuing education, and 3) established standards and guidelines. The NSCA believes that these processes can be used as State standards and guidelines for personal trainers.

The NSCA looks forward to open discussion about the current state of the industry of personal training and possible legislation. Please contact us with any further questions by email at nsca@nsca-lift.org.

Sincerely,

A handwritten signature in black ink, appearing to read 'Lee E. Brown', with a long horizontal stroke extending to the right.

Lee E. Brown, EdD, CSCS,*D, FNCSA
NSCA President