

Certified Personal Trainer (CPT)

Aligned Program of Study: Sport and Human Performance

Aligned Course: Rehabilitation Careers (5990) followed by Exercise Science (6170) followed by Clinical Internship (5993)

Accreditation

Accreditation is the process by which a credentialing or educational program is evaluated against defined standards and is awarded recognition if it is in compliance with those standards. [The Institute for Credentialing Excellence \(ICE\)](#) currently offers accreditation to professional certification programs through the [National Commission for Certifying Agencies \(NCCA\)](#) which is recognized by the Department of Defense. All Health Science promoted industry certification credentialing companies are accredited through ICE.

Description

Personal trainer certification can be an important step in establishing credibility and earning respect as a qualified exercise professional. Personal trainers are at the front line of the health and fitness movement and use research-based techniques to help people of all fitness levels reach their personal fitness goals. Although personal trainer certification is not absolutely required by Tennessee state law, most health clubs and recreation centers require that their employees be certified. Moreover, in Tennessee, personal trainer certification allows personal trainers to be incorporated and more accessible to clients looking for quality service.

Materials and Resources

A variety of training materials and resources can be found on the netafit.org website here: <http://www.netafit.org/store/homestudy.cfm>

Testing Sites

To locate a testing center call NETA (800) 237-6242

Test Owner and Registration

National Exercise Trainers Association (NETA)
5955 Golden Valley Road, Ste. 240
Minneapolis, MN 55422
Phone: (800) 237-6242
Fax: (763) 545-2524
Email: neta@netafit.org

Registration Procedures

- Schedule the computer-based “Test Only” option and complete the exam at any of more than 500 Comira Testing Centers across the United States.
- Call NETA to register: (800) 237-6242

Exam Codes	Certified Personal Trainer
Website	www.netafit.org
Number of Questions	120 questions
Type of Questions	The Personal Trainer certification exam includes 120 multiple-choice questions, of which 100 questions are scored and 20 questions are 'experimental' for the purpose of new test development. Candidates must correctly answer a minimum of 70 percent of the 100 scored questions in order to earn NETA's Personal Trainer certification.
Length of Test	2 hours
Price	\$399

Other Options:

If you are interested in using a different company to provide testing for your students, the following have been accredited by ICE:

- [National Healthcareer Association](#)
- [Academy of Applied Personal Training Education](#)
- [ACTION Certification](#)
- [American Council on Exercise](#)
- [National Academy of Sports Medicine](#)
- [National Council for Certified Personal Trainers](#)
- [National Council on Strength and Fitness](#)
- [National Federation of Professional Trainers](#)
- [National Strength and Conditioning Association](#)
- [PTA Global](#)
- [World Instructor Training Schools](#)