

CERTIFICATE OF COMPLETION

CERTIFIED PERSONAL TRAINER



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NAME SURNAME

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on DD.MM.2022

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Suzanne Hosley
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Personal Trainer Certification

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Become a Certified Personal Trainer (H/C) Robert Wolff, 2010-01-08 Your complete preparation guide for a successful career in personal training Training authority Robert Wolff walks you through the most important subject areas you need to pass certification get started and succeed as a personal trainer Become a Certified Personal Trainer will guide you through the entire certification process providing sample questions for each of the top exams and also offering much needed advice about the business side of the job and beyond Become a Certified Personal Trainer shows you An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition supplementation and weight management Physical preparation in and out of the gym The training and business mistakes others make and how to avoid them Business lessons including finding clients making yourself stand out from the competition and creating a mindset for success Whether becoming a trainer is your dream job or you re already in the field Robert Wolff provides the tools you need to give you and your clients the best chance at success Robert Wolff Ph D is a former editor of Muscle Robert Wolff s Book of Great Workouts Home Bodybuilding The Knockout Workout with Mia St John and Dr Robert Wolff s Great Body Great Life Program He lives in New York City **ACT Personal Trainer Certification** Athletic Certification Training

Commission, 2010-05-13 The official textbook for candidates pursuing ACT Personal Trainer Certification www.actcertification.org Over 300 pages covering Exercise Science Biomechanics Client Assessment Program Design Special Populations Nutrition Starting your Business and Legal Issues *Becoming a Personal Trainer For Dummies* Melyssa St. Michael, Linda Formichelli, 2004-10-01 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you ll find the practical proven advice you need in *Becoming a Personal Trainer For Dummies* If you want to become a certified personal trainer and start your own business or if you re a certified trainer looking to grow your existing practice you re in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs *Becoming a Personal Trainer For Dummies* includes tips on selecting the right program and meeting the requirements You ll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you ll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system

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benefits of becoming a successful influencer online and attaining extreme fame leverage are demystified and how to earn substantial money online so that you afford to inexplicably enrich every aspect of your life is meticulously expounded upon in this essay While becoming a personal trainer may seem to be a cumbersome undertaking in the digital era it is more viable than ever before Advantageously pursuing a career as a personal trainer can allow you to pivot to embracing your higher aspirations and having more robust career options in the future years In other words embracing a career as a personal training can often be a versatile jumping off point for other career opportunities such as being a fitness instructor a health writer Laferrara 2019 or global educator In order to become a personal trainer you will need to first and foremost get certified as a personal trainer Laferrara 2019 As a prospective personal trainer it would therefore behoove you to become certified by a certifying organization that has been accredited Certifying organizations have their certification procedures and protocols accredited by an independent third party such as the NCCA or DEAC Laferrara 2019 In order to be able to take the Personal Trainer Certification Exam most certifying organizations require that you have already obtained the CPR certification and AED certification have earned a high school diploma or GED and are at least 18 years Laferrara 2019 old The costs to become a Personal Trainer and take the Personal Trainer Examination varies from about 300 to significantly more than 1000 and may not include the study materials nor access to workshops Laferrara 2019 Once you have passed the Personal Trainer Certification Exam you will have to complete continuing education requirements such as completing 20 60 hours of continuing education courses every two years in order to preclude having your Personal Trainer Certification expire Once you have passed your Personal Trainer Certification Exam you will be poised to find a job as a personal trainer You can work for a fitness center as an employee or be an independent contractor for a business without having to deal with the onerous burden of having to find your own clients Personal trainers can work at commercial gyms personal training studios local community centers hospitals wellness centers cruise ships resorts and corporate fitness centers Working at a popular commercial gym can be a great way to get experience and many of those clubs such as XSport 24 Hour Fitness Gold's Gym and Planet Fitness often hire new trainers all the time Some of the ample drawbacks can be lower pay working on commission lots of selling and having to work long hours doing new member orientations to get new clients Laferrara 2019 Being employed at other work sites also has its shortcomings Even though many hospitals employ personal trainers to help patients recover from illnesses and conditions Laferrara 2019 personal trainers render themselves more vulnerable to contracting a virus by working in a hospital setting Working at a hospital may require a higher degree or a specialty for working with clients who may have health challenges Laferrara 2019 A myriad of personal trainers prefer to work on cruise ships or at all inclusive resorts

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