



Proposal

3 Standard Levels of Qualifying Care for the Personal Trainer

Level 1 - Certification:

Level 1 requires a national certification & education from an organization that has been accredited, approved or recognized by one of the following groups; The American Council on Education (ACE), ANSI organization, International Association of Continuing Education and Training (IACET), NCCA (ICE), DEAC and or CHEA.

Certification for Level 1 must also include the following minimum standards:

1. Pass practical hands on training and testing that provides instruction and demonstration of competence in performing fitness assessments, upper body, lower body, flexibility, cardiovascular warm up and cool downs.
2. Take exercise specific education and pass a written exam that should provide instruction and testing on the knowledge required based on a thorough KSA (knowledge, skills and ability) job analysis.
3. Take a 30-hour or longer internship to get the opportunity to be trained and gain experience in a real world setting in performing the different skills and abilities as identified by the job analysis.
4. Register with state agency as other health occupations are required for validation of these minimum requirements to practice in the state.

Scope of Practice

- Provides basic fitness assessments with maintaining documentation.
- Demonstrates and provides general fitness and conditioning exercise instruction using fundamental exercise science principals
- Develops appropriate exercise recommendations
- Strives to motivate clients and to initiate programs that continue healthy behaviors and encourage healthy behavior modifications.
- **Certification prohibits personal trainers from working with clients who have complex or multiple medical risk factors/issues or physical limitations.**
- **The personal trainer must also satisfy continuing education credits as recognized only by IACET Accredited Providers directly in the field of study as set forth by the state similarly with other health care professionals.**
- **The personal trainer must also obtain certification in C.P.R and AED.**

Level 2 – Advanced Special Population Certified:

After attaining Level 1 Certification, the personal trainer is required to complete the Population specific education/training and successfully pass written and practical hands on skill competency exam. Population specific advanced training and certification is required before working with that population. (i.e. if they want to work with youth - that training/certification is required. If they want to work with individuals with cardiac risk factors then that training is needed...etc.)

Scope of Practice

- Same as above with the additions of being able to provide population specific training in a private home or outside site.
- Minimum of 20 hours of internship under the same groups as listed above.
- Must also satisfy continuing education credits as approved by an IACET Accredited Provider and set forth by the state similarly as health care professionals are required to do so.
 - The personal trainer must also pay annual dues once certified similarly as physical therapists, nurses, physicians, occupational therapists.
 - Must maintain certification in C.P.R. & AED.

3. Level 3 - Enhanced College Level:

In order to obtain level 3 status / certification the current personal trainer must satisfy all requirements of level 1 & 2. In addition, Level 3 Enhanced College Level requires an associate's degree or Bachelor's degree in a fitness/exercise related field. These programs must be offered by an accredited college or university.

Scope of Practice

- Competent at performing risk stratification.
- Work with cardiac patients or any other chronic issues for a client that has been medically cleared after the acute phases with physical therapy.
- Competent at performing physical fitness assessments and interpreting results.
- Can develop appropriate exercise prescriptions for healthy adults and individuals with controlled conditions that are cleared for independent physical activity.
- Can understand and motivate individuals with medically controlled diseases to adopt and maintain healthy lifestyle behaviors.
- Special populations with medically controlled diseases must be cleared by their physician for independent exercise.
- Work with clients who have movement dysfunctions, neuromuscular/orthopedic conditions, special populations and special needs as directed by the medical community.
- Minimum of 50 internship hours from the qualifying groups noted above.
- Must maintain certification in C.P.R. & AED.
- Must also satisfy continuing education credits as approved by an IACET Accredited Provider and set forth by the state similarly as health care professionals are required to do so.
- Must also pay annual dues once achieving the Enhanced or Level 3 certification similarly as physical therapists, nurses, physicians, occupational therapists.



Special Note: All levels of certification must require continuing education units (CEU) for renewal every 2 years. CEU's must be from an IACET Accredited Provider OR an accredited post-secondary institution to insure the learning standards. 10 hours of CEU's are needed each year to maintain a current knowledge status with the profession.

The 3 levels of care will allow the market to function without interruption and put it on a path as a true health occupation. It establishes standards to ensure quality and safety. A suggested grand fathered time frame of 18 months will promote a fair and equitable transition to any level.

For additional information, please contact Jay Del Vecchio at the World Instructor Training Schools at jdelvec@witseducation.com.