FAQ – Personal Trainer for NASM Certification
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Other Information Sources: Catalog; website at dce.unm.edu

Personal Trainer for NASM Certification
Q: What is the NASM (National Academy of Sports Medicine)?
A: NASM - National Academy of Sports Medicine has been around since 1987, and they offer an official CPT (Certified Personal Trainer) credential. Offering many certifications including the CPT or Certified Personal Trainer, NASM is becoming one of the most popular and respected personal trainer certifications in the world today. NASM programs require participants to be at least 18 years of age and possess a valid CPR/AED Certificate.

Q: What skills are needed to become a Personal Trainer?
A: Personal Trainers are good motivators both observant and knowledgeable about safety and correct application of principles. Dependability, a critical job skill; requires being reliable, responsible, and fulfilling obligations with attention to details. Personal Trainers work one-on-one or with a small group of two or three; either in a gym or in the clients’ homes. Assessing the level of physical fitness, the setting and defining reachable fitness goals are aspects of this work to help clients improve their exercise techniques This job requires being personable with others on the job and displaying a good-natured, cooperative attitude which might include demonstrating various exercises. Personal Trainers often keep records of their clients’ exercise sessions to monitor the clients’ progress toward physical fitness goals. Key traits or skills for the personal trainer involve:

- Observe participants and inform them of corrective measures necessary for skill improvement.
- Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.
- Offer alternatives during classes to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants’ capabilities and limitations.
- Teach proper breathing techniques used during physical exertion.
- Evaluate individuals’ abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Monitor participants’ progress and adapt programs as needed.
- Explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
- Provide students with information and resources regarding nutrition, weight control, and lifestyle issues.
- Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians.
Q: Which is the best credential in the field of training and fitness?
A: Choosing a personal trainer certification can be difficult with so many options in the field. In addition, choosing a recognized certification, required by your future employer, will get you started on this career path easily. Obtaining the best personal training certification can also make you more knowledgeable and more marketable as a personal trainer. Is personal training your long-term career choice or a part-time job to earn extra money? If you are choosing personal training as a career, then you should seek programs accredited by the NCAA (National Commission for Certifying Agencies). If you want to work at a specific gym, ask them who they prefer. The truth of the matter is that certification will provide you a knowledgeable base, helping you become a better trainer but expertise comes with time, research, and experience.

Q: What prerequisites are there to enroll in this course?
A: To enroll in this training course you will need to be 18 years or older and have completed CPR/AED certification prior to the NASM certification exam. An active lifestyle and participation in fitness activities is helpful. If you are looking for some new, challenging physical or fitness training, UNM Continuing Education offers a variety of classes from Aikido for Self Defense to Fitness Cycling 101 to Zumba © Aerobics Dance. Exploring new ways to get moving might be your first step. Check out the UNMCE Growth & Enrichment area at http://dce.unm.edu/health-fitness.htm.

Q: What is the employment outlooks and salary potential for certified personal trainers?
A: The U.S. Department of Labor says “Aging baby boomers, one group that increasingly is becoming concerned with staying healthy and physically fit, will be the main driver of employment growth in fitness workers. An additional factor is the combination of a reduction in the number of physical education programs in schools with parents’ growing concern about childhood obesity.” New Mexico is ranked 13th highest for wages in the field just behind Texas and Colorado. Opportunities are expected to be good for fitness workers because demand for these workers is expected to remain strong in health clubs, fitness facilities, and other settings in which fitness workers are concentrated. In addition, many job openings will stem from the need to replace the large numbers of workers who leave these occupations each year. Part-time jobs will be easier to find than full-time jobs.

State and National Wage Comparison

<table>
<thead>
<tr>
<th>Location</th>
<th>Pay Period</th>
<th>10%</th>
<th>25%</th>
<th>Median</th>
<th>75%</th>
<th>90%</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>Hourly</td>
<td>$8.21</td>
<td>$9.55</td>
<td>$14.95</td>
<td>$22.18</td>
<td>$30.48</td>
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<tr>
<td></td>
<td>Yearly</td>
<td>$17,100</td>
<td>$19,900</td>
<td>$31,100</td>
<td>$46,100</td>
<td>$63,400</td>
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<tr>
<td>New Mexico</td>
<td>Hourly</td>
<td>$7.79</td>
<td>$9.06</td>
<td>$16.29</td>
<td>$20.16</td>
<td>$23.37</td>
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<tr>
<td></td>
<td>Yearly</td>
<td>$16,200</td>
<td>$18,800</td>
<td>$33,900</td>
<td>$41,900</td>
<td>$48,600</td>
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State and National Trends

<table>
<thead>
<tr>
<th>United States</th>
<th>Employment</th>
<th>Percent Change</th>
<th>Job Openings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2008</td>
<td>2018</td>
<td></td>
</tr>
<tr>
<td>Fitness trainers and aerobics instructors</td>
<td>261,200</td>
<td>338,000</td>
<td>+29%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>New Mexico</th>
<th>Employment</th>
<th>Percent Change</th>
<th>Job Openings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2008</td>
<td>2018</td>
<td></td>
</tr>
<tr>
<td>Fitness trainers and aerobics instructors</td>
<td>2,280</td>
<td>3,010</td>
<td>+32%</td>
</tr>
</tbody>
</table>

1. Job Openings refers to the average annual job openings due to growth and net replacement.

Q: What does NASM training offer that others do not?
A: This training is accredited by the National Commission for Certifying Agencies (NCCA). NASM’s certification programs are based on the Optimal Performance Training™ method. OPT™ is effective for beginner-level clients who may possess muscle imbalances, lack postural control and stability. For proper recovery and maintenance of high levels of stability, the 6 stages of OPT™ will ensure optimal strength and/or power adaptations. Returning to stage one increases your client’s success overall by increasing stability, improving muscular endurance, improving flexibility, increasing neuromuscular efficiency of the core musculature and improving inter-muscular and intramuscular coordination.

Q: Where is this course held and what opportunities will I have to work with the equipment and facilities of a sports/health club or athletic training center?
A: The course is held at the Institute of Community Wellness and Athletics, a non-profit dedicated to educating and empowering individuals to improve their quality of life. The institute has a 2600 square foot training floor where participants will engage in the principals being taught in the lecture portion of the course. The facility allows for all hands on work needed to pass the exam and begin working as a Personal Trainer.

Q: Do I need to be in top physical shape to become a personal trainer?
A: A commitment to fitness is your best business card. Your client requires a good match between your education, assessments and experience for their unique fitness goals. The professional manner you present yourself will impact your client’s confidence for a beneficial relationship. UNM Continuing Education offers courses to help you will all aspects of your professional plan; courses in supervision or leadership, marketing and professional development will help you keep up with current trends and skills. Visit the UNMCE website at [http://dce.unm.edu](http://dce.unm.edu).

Q: Is there an exam for certification for NASM?
A: NASM - National Academy of Sports Medicine Exam for Certification is included in the tuition for this course. You will have 180 days after your course to take the exam. The certification exam is given only at authorized testing centers. All details about the exam as well as a review and study tips or practice exams will be provided by your instructor. You will need to submit verification of your CPR/AED training when taking the exam to complete the certification requirements.
Q: What career advisement or job placement is available through UNM Continuing Education?

A: UNM Continuing Education will provide prospective students with the most current training materials and preparations for the NASM exam. At this time, internships and job placement are not arranged through the course, instructors or UNM Continuing Education. The CareerOneStop (U.S. Department of Labor) website will help you connect with jobs currently available in New Mexico and across the country. http://www.careeronestop.org

The Bureau of Labor Statistics notes that about 61 percent of group exercise instructors or personal trainers work in health clubs. According to NASM, the CPT credentials are the preferred choice for hiring and career advancement by the top health clubs, such as:

- 24Hour Fitness
- Bally Total Fitness
- Crunch
- Gold’s Gym
- Lifetime Fitness
- Steve Nash Fitness World
- Town Sports International
- UFC Gym

NASM credentials mean the most to sports professionals, club owners and fitness department managers because each requires comprehensive knowledge of human movement science, functional anatomy, physiology and kinesiology, as well as functional assessment and program design.

Q: I still have questions. Who do I talk to?

A: Contact Program Supervisor at hhs@dce.unm.edu or 505-277-6025.