

2016-2017 Health & Wellness Professions – Fitness and Personal Trainer Certificates

FAQ – Certificates for national NASM Certification

CEHealth@unm.edu

<http://ce.unm.edu/professional/health-pro/certificates/>

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Other Information Sources: Catalog; website at <http://ce.unm.edu>

NASM Certified Personal Trainer and Exam Preparation (Voucher Included)

Q: *What are the prerequisites?*

A: The NCCA Accredited Certification Exam Requirements:

1. Candidate must be at least 18 years old or have a high school diploma or GED
2. Candidate must hold current CPR/AED certification before attempting the exam (not included with program)

CPR/AED training is offered by UNM HEaRT (Heart Emergency and Rescue Training)

<http://medicine.unm.edu/programs-and-centers/coehp/training/courses.html>

Information - (505) 272-8364 HSC-AED@salud.unm.edu

Q: *What is NASM?*

A: NASM is the National Academy of Sports Medicine. It is one of the top recognized certification in the field for fitness training. <https://www.nasm.org/>

Q: *Is there an exam that I must take for this certificate?*

A: The NCCA accredited NASM CPT Personal Trainer Exam is taken at a local testing center (PSI), and you can schedule your exam date after completion of the program. The voucher for the exam is included in the tuition. You will be directed by the Ed2Go Advisor on how to schedule the exam at the end of the 6-month course.

Q: *I currently work in a related field, is there a fast-track class?*

A: If you have a fitness certification or are training, you may enroll in the Accelerated Fitness Trainer Clinic. You may enroll in this clinic while taking the online course. This clinic is not required for NASM certification. You cannot be NASM certified by taking the clinic course only.

Q: *How long is the class?*

A: The NASM online course is 80 hours over a 6-month period. You may complete the course and prepare for the exam in less than 6-months. The optional clinic is 24 hours over 4 consecutive days.

Q: *How much does it cost?*

A: Tuition for the online course is \$1295; which includes the current NASM study materials online, the textbook and the exam voucher. The Accelerated Fitness Trainer Clinic tuition is \$795. The course is designed for coaching on correct assessments and practices. This clinic is held at the Institute of Community Wellness & Athletics facility for this practical experience.

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Q: *What kinds of jobs can I get?*

A: Certified Personal Trainers work in health clubs, fitness or recreation centers or work privately with clients. Trainers are not licensed in New Mexico.

Additional courses in fitness

Q: *I already have training and certification in the field, what other courses could I take?*

A: Through our online partner, Ed2Go we offer *Advanced Personal Fitness Trainer Online Certificate*, an American College of Sports Medicine (ACSM) approved course for 400 hours. Tuition is \$2795. Seven textbooks and a variety of fitness equipment are included in the tuition.

Fitness Business Management, a six month course in partnership with the IDEA Health & Fitness Association, Health Club Managers, Inc., and Personal Fitness Professional (PFP). This online course is 200 hours with Optional Field Internship. Students who take advantage of this option will be able to practice the fitness management concepts they've learned about through a six-week, 60-hour internship in a health and fitness setting. Tuition is \$2595.00.

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

A: Email your question to CEHealth@unm.edu.

