



Certified Personal Trainer

NETA-Certified Personal Trainers are fitness professionals who promote health. They accomplish this by developing and implementing exercise programs designed to safely and effectively meet the unique goals of the clients they serve. This practice takes place in the context of their unwavering commitment to client safety and service and their adherence to the highest principles of ethical behavior.

To earn NETA's Personal Trainer certification, candidates must pass the NCCA-accredited certification exam and hold a valid adult cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) certification including a live hands-on practical skills evaluation.

NETA's Personal Trainer Certification is valid for two years from the date of issue. Certificant's must earn a minimum of twenty continuing education credits (CECs) to be eligible for recertification.

NETA's Personal Trainer Certification is accredited by the National Commission for Certifying Agencies (NCCA), demonstrating the program's compliance with the NCCA's Standards for the Accreditation of Certification Programs. NCCA is the accrediting body of the Institute for Credentialing Excellence. Since 1977, the NCCA has been accrediting certifying programs based on the highest quality standards in professional certification to ensure the programs adhere to modern standards of practice in the certification industry.

- Exercise Program Design
- Fitness Assessment
- Preparticipation Health Screening

- Resistance Training
- Cardiorespiratory Exercise
- Anatomy
- Kinesiology
- Exercise Physiology
- Flexibility Training
- Motivational Interviewing
- Goal Setting
- Biomechanics
- Fitness
- Physical Activity
- Behavior Change
- Weight Management
- Principles of Nutrition
- Dietary Guidelines
- Exercise Programming for Special Populations
- Personal Training
- Personal Trainer