

## **FITNESS NB POLICIES AND PROCEDURES CERTIFICATION**

Page 1 of 1

Policy #: 22001C    **Personal Fitness Trainer Certification Requirements**

*Updated and approved by Board: **June 4, 2013***

Rationale:    As public knowledge increases and with the growing interest in self-health care, fitness leaders are required to design more sophisticated fitness programs and answer more in-depth questions. The certification process ensures that the fitness leader has met the minimum standards to lead a safe, fun, and effective exercise program.

Policy:        The following is an outline of the pre-requisites and certification requirements necessary in order for an individual to become certified as a Personal Fitness Trainer (PFT):

***Pre-requisites:***

- Minimum 18 years of age.
- FNB Fitness Theory
- Current FNB Resistance Training Leadership Certification

***Completion Requirements:***

- Full attendance at the workshop.
- Eighty percent (80%) or higher on the PFT exam.
- Successful completion of the PFT practical evaluation.
- Current CPR C renewed annually
- Current Standard First Aid.
- Payment of FNB Professional Association Fee annually.
- Proof of current external liability insurance covering the PFT scope of practice.
- All requirements must be fulfilled within 6 months of the completion of the PFT specialty course.

Effective Date: **June 4, 2013**

Last Reviewed: June 17, 2014