

HF 3000

Personal Trainer and Nutrition Coach



Call us anytime
(800) 734-1175

TUITION DURATION TARGET CERTIFICATION

\$4,000 18 weeks Certified Personal Trainer - (CPT)
Certified Nutrition Coach - (CNC)

ISSUING AUTHORITIES



REQUIREMENTS

High School Diploma or GED

PROGRAM DETAILS

MedCerts NASM Personal Trainer and Nutrition Coach program teaches the knowledge and skills to earn two certifications from the National Academy of Sports Medicine (NASM) – Certified Personal Trainer (CPT) and Certified Nutrition Coach (CNC).

Students must have the physical strength and experience to model proper form when completing exercises, should possess basic experience in operating gym equipment, and be comfortable giving instructions on how to use it. Personal Trainers should also be comfortable writing fitness and health reports for clients, providing positive reinforcement and strategizing their methods to meet and exceed their clients' health goals.

NASM's Certified Personal Trainer (CPT) certification is the gold standard in the industry and is the preferred certification by most employers. It is NCCA-accredited, which is vitally important as many gyms and fitness centers only accept accredited certifications. The combination of the Certified Personal Trainer (CPT) and Certified Nutrition Coach (CNC) certifications set MedCerts trained candidates apart from other trainers and opens more career opportunities. Trainers with both certifications can reach a wider group of potential clients which leads to higher earning potential.

CAREER SERVICES

For all MedCerts Students that are not affiliated with an employer partner, you also have the added benefit of Job Search Assistance including guidance with resume building, networking, interviewing, and job search tips.

ATTAINABLE CAREERS

- Certified Personal Trainer
- Fitness Trainer
- Health and Nutrition Coach

Throughout the Personal Trainer and Nutrition Coach program, students will learn to:

- ✓ Demonstrate an understanding of the soft skill expectations of an allied healthcare professional
- ✓ Master health and fitness topics, including nutrition, program design, human movement science, and fitness assessments.
- ✓ Learn and practice teaching, customer service, and first aid skills.
- ✓ Develop organizational and communication skills

**While MedCerts training and related target certifications may be accepted and/or approved by your state of residency, employers reserve the right to dictate pre-requisite education, experience, or certification/licensure requirements for their positions. These requirements may exclude a MedCerts graduate from eligibility. We strongly advise students to research target job posts from area employers and relevant state requirements, barriers or restrictions to ensure eligibility upon graduation.*



TARGET CERTIFICATIONS

Certifications	Issuing Authority	Exam Details
Certified Personal Trainer - (CPT)	National Academy of Sports Medicine (NASM)	2 Hours, 100 questions
Certified Nutrition Coach - (CNC)	National Academy of Sports Medicine (NASM)	2 Hours, 100 questions

Course Code	Title	Hours	Weeks	Course Materials (Included)
PS-1011	Professionalism in Allied Health	32	2	None
HI-1014	Introduction to Human Anatomy and Medical Terminology	96	6	PDF
HF-3011	NASM's Essentials of Personal Fitness Training	96	6	None
HF-3012	NASM's Essentials of Nutrition Coaching	64	4	None

EXPERIENTIAL/CLINICAL COMPONENT:

Candidates will be required to provide evidence of current Adult CPR and AED certification prior to attempting the CPT certification examination. NASM provides a list of approved training providers. The responsibility for obtaining these certifications is solely on the candidate, as MedCerts does not provide this training.

The NASM Certified Personal Trainer certification must be recertified every two years to ensure that NASM-CPTs stay up to date with current best-practice guidelines and skills. To recertify, you will be required to earn 2.0 NASM-approved CEUs (20 contact hours) every two-year certification period. This includes 0.1 CEUs from the mandatory CPR/AED certification. Renewal of the Certified Nutrition Coach (CNC) is required every two years through completion of the CNC Renewal Exam. The CNC Renewal Exam will offer three exam attempts and will have an enrollment duration of 365 days. The CNC Renewal Exam will recertify the credential for another two years from the new completion date.

CRIMINAL BACKGROUND CHECKS AND DRUG SCREENING POLICY:

MedCerts does not perform criminal background checks, nor do we test students for illicit drug use. Please be advised that while MedCerts does not perform these checks, the student's drug, criminal, or immunization status may prevent clinical/externship placement and future employment as a healthcare or IT professionals. Externship sites, employers, and State Boards of Pharmacy or other regulatory boards have regulations about immunizations, drug use, and criminal backgrounds. Regulatory boards, externship sites, employers, and other organizations that may require these screenings for placement, and adverse results may prohibit you from moving forward in the program. Candidates with a felony conviction are not eligible to participate in ANY MedCerts program that includes the Pharmacy Technician certification as a primary or secondary certification

The student understands that MedCerts does not hold any control over the drug, immunization, criminal, or background screening processes or policies held by any organization outside of MedCerts.



Upon 100% completion of this program, students will receive a "MedCerts Certificate of Program Completion." This is proof of completion of training but isn't a nationally recognized certification. Students are expected to take and pass the national certification exam through the issuing authority for recognized certification in their field.