

HOW TO BE CERTIFIED PERSONAL TRAINER

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[How to Become a Certified Personal Trainer: 11 Steps](#)
To become a certified personal trainer, you have to be at least 18 and have graduated from high school or earned a GED. Then, attend a university to get a degree in Kinesiology or Sports Education for a well-rounded education. Alternatively, you can apply for just a certification program, which is more flexible and takes less time. After you pick your program, follow a strict study routine to

[Video clip hay How To Be An Awesome Personal Trainer ...](#)

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In 10 to 12 weeks you could be an NASM Certified Personal Trainer setting your own hours and enjoying the job security of working in an industry that's expected to grow more than 16% through 2020 3.

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Certification 101 How to become a personal trainer. With a rising interest in achieving healthier lifestyles, due in part to greater awareness about the obesity and chronic disease epidemics, more people are being drawn to careers in health and fitness.

[How To Become A Certified Personal Trainer](#)

The TRUTH about How To Become A Certified Personal Trainer. This is one industry where passion is extremely important. Individuals often get into fitness and nutrition as an effort to better their

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The goals of the Certified Personal Trainer program are to provide students with the skills necessary for a career as a personal trainer, and to prepare students to take the National Council on Strength and Fitness (NCSF) certification exam.

[How do I Become a Personal Trainer - Myfit.ca](#)

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Introduction. There are many certifications and ways to become a certified personal trainer but some require more work, cost and time than others. About The Rankings and Tests These certifications all have text books that can be purchased online to prepare for the personal trainer test. We have broken down the most notable ones in Canada