



# National Council on Strength & Fitness

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1-800-772-NCSF • www.NCSF.org



## Understanding Certification

Certification sought for professional occupations is to ensure a standard of practice and demonstrate a minimum competency to perform a task or role. A Personal Trainer certification is intended to identify a qualified professional and an individual that has met standards for safe and effective training instruction. Certification in personal training is necessary due to the inherent risks and subsequent liability associated with physical activity. The validity of a certification is based upon its testing constructs, developmental process and its legal defensibility.

The NCSF has met the highest standards for testing put forth by the American Psychological Association, the American Educational Research Association, the National Council on Measurement in Education, the Association of Test Publishers, the Buros Institute for Assessment Consultation and Outreach, and the National Commission for Certifying Agencies.

## The NCSF Solution

The NCSF provides professional trainer education and certification. The high standards the organization adheres to ensures quality trainers to fulfill your staffing needs. We know the problems and we provide the solutions.

**T**rainer turn-over – reduced attrition by knowledgeable Trainers. Turnover is caused by a lack of success. Trainers need professional development to attain the knowledge, skills and abilities to become successful.

**D**emand for Trainers – Exam on demand guarantees trainers can get certified anytime, anywhere. If they are prepared they can take the exam almost immediately following their registration.

**R**educed liability – NCSF exams are legally defensible and trainers are Board certified.

**Q**uality practices – the NCSF guarantees standards of competency which means better service, higher profits, and reduced risk

**M**ember satisfaction – Enhanced professionalism, well educated staff, and effective results draw repeat business and positive referrals

## Why the NCSF

The NCSF prides itself on providing the best programs, service and test options to the fitness industry. The education organization has the strictest quality assurance program for education and training in the industry, uses only graduate degreed professionals and focuses on customer satisfaction. We excel in professional academics by emphasizing the needs of the learner, the needs of the employers, and the needs of the general consumer.



The Board for Certification maintains a certification program in complete compliance with all standards of test development and administration. The NCSF Board for Certification is composed of elected officials from the Fitness Industry, Medical Community and Experts from Academia that demand valid testing procedures, reliable testing measures and the best testing environment for certification candidates. All tests are administered by Thomson Prometric, the world's premier provider of comprehensive, technology-based testing and assessment services.

With over 400 test centers, easy exam on demand scheduling and administration, instant results, and complete test analysis the certification candidates are provided the best testing experience available.

***"The NCSF is the fitness industries best solution".***

The organization is 100% devoted to providing the answer for the need for qualified fitness professionals. Having confidence in your staff is extremely important and the NCSF can make it a reality. We are your staff education, certification and professional development solution.

The NCSF understands your need for qualified trainers: high attrition rates leading to constant employee turnover; the high costs of training new employees; frustrated trainers and employers due to a lack of performance success; high levels of liability due to low competency; and the need for better service and member confidence. We know your problems and can provide the solution.

## The Education

The NCSF is committed to developing the best trainers in the industry. The organizations education department boasts the industries best instructors, the highest level of instruction, and all the tools and know-how to excel in professional education.

**H**igh level Professional Development – Trainers become qualified professionals

**M**ultiple program options for different learning styles

**C**ustomized continued education courses – diversifying competency

**L**earn by doing strategies to competency

**A** commitment to the success of the learner



## The Credential

The NCSF Exams were developed from the most expansive industry surveys, written by the highest level subject matter experts and constructed using the most recognized psychometric principles, standards and guidelines to create the high stakes legal defensibility expected of a certification credential.

## Exam on Demand

*“Everywhere all the time”*

Over 400 test centers - the NCSF is in every market you are in or will be in the future

Testing centers available for examinations 6 days a week year-round

Exam on Demand – you say when and where, and we deliver.

De facto standard of test administration – Thomson Prometric (formerly Sylvan testing).

The best test taking experience available

Instant results and complete test analysis

Convenient and easy scheduling

## Your Solution

The NCSF provides professional training, certification and continued education to develop the best possible professionals. Well trained employees ensure excellent service, high profits and reduced risk. You don't have to settle for less. The NCSF provides unparalleled customer support and the highest satisfaction rating available. Success breeds success, the NCSF is the first step, tell us what we can do for you.



*“What can we provide for you?”*

You tell us what you need and we will make it happen.

Customized education solutions

Cutting edge training technologies

Unsurpassed professional instruction

Continued support and assistance

## Reducing Your Liability

What your trainers do not know can hurt you. Your club is one injury away from a multi-million dollar lawsuit. Trainers are a significant liability risk that must be taken seriously. The preventative steps an employer can take are vital to the continued success of the company.

The NCSF has made liability reduction and improved professional delivery of service an easy one two combination with the NCSF corporate training and certification opportunity -

**\$375** complete. This represents a \$125.00 saving for you and your staff. The program includes all materials, training and certification. No one does it better - we guarantee it. ●

**Call Today  
1-800-772-NCSF**

**[www.NCSF.org](http://www.NCSF.org)**