

Professional organization	Certification	Education	Field	Experience	Scope of practice
ACSM	Certified personal trainer (PT)	High school diploma or equivalent	NA	18 yr or older; current adult CPR certification with practical skills component	Lead and demonstrate safe and effective methods of exercise' write exercise recommendations; motivate clients to adopt and maintain healthy behaviors
	Certified health fitness specialist (HFS)	2 or 4 yr associate's or bachelor's degree	Health related	Current CPR certification with practical skills component	Conduct risk stratification and fitness assessments' prescribe
	certified Exercise Specialist (CES)	4 yr bachelor's degree	Allied health	600 hr in clinical exercise program or clinical exercise testing; current certification as Basic Life Support Provider or CPR for Professional Rescuer	Identify risk factors; conduct exercise assessment; deliver training, rehabilitation, and lifestyle management services
	Registered Clinical Exercise Physiologist (RCEP)	Graduate degree	Exercise science, exercise physiology, or kinesiology	Either ACSM CES certification or 600 hr of clinical experience; current certification as Basic Life Support Provider or CPR for Professional Rescuer	Perform exercise testing, exercise prescription, exercise and physical activity counseling, exercise supervision, exercise and health education and evaluation of exercise and physical activity outcome measures.

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ACSM/ACS (www.acsm.org)	Cancer Exercise Trainer (CET)	4 yr bachelor's degree or no degree	Any field	500 hr training older adults or individuals with chronic conditions or 10,000 hr training older adults or individuals with chronic conditions; current certification in adult CPR and AED	Train adults diagnosed with cancer and apparently healthy adults or adults with known stable CV diseases; perform fitness assessments and design and modify exercise programs based on the cancer diagnosis and treatment
ACSM/NCPAD (www.acsm.org)	Certified inclusive Fitness Trainer (CIFT)	NA	NA	Current ACSM certification or current NCCA-accredited fitness-related certification; current adult CPR and AED with practical skills component	Assess, develop, and implement exercise programs for persons with physical, sensory, or cognitive disability; lead safe, effective, adapted methods of exercise; write adapted exercise recommendations
ASEP (www.asep.org)	Exercise physiologist certified (EPC)	4 yr degree with grade of C or better in five of nine core courses	Exercise physiology or exercise science	Current membership in ASEP	Measure, examine, analyze, and instruct to evaluate and improve physical fitness components of both apparently healthy and at-risk individuals as well as persons with known disease

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CSEP	Certified personal trainer (CSEP CPT)	2 yr college diploma or 2 yr university degree credits in seven core areas	NA	Current CPR and first aid certification	Administer the CPAFLA to healthy populations; develop and implement a tailored physical activity and fitness plan
	Certified exercise physiologist (CSEP CEP)	4 yr university degree	Exercise science, physical activity, kinesiology, or human kinetics	300+ hr of fitness-related experience with healthy populations and populations with medical conditions or disability; current CPR at Basic Rescuer Level and first aid certification	Assess, prescribe, and supervise exercise; provide counseling and healthy lifestyle education for apparently healthy individuals, populations with medical conditions or disabilities, or both
NSCA	Certified strength and conditioning specialist (CSCS)	4 yr bachelor;s degree or chiropractic medicine degree	Any field	Current CPR and AED certification with practical skills component	Design and implement safe and effective strength and conditioning programs for athletes
	Certified personal trainer (CPT)	Certified personal trainer	High school diploma or equivalent	NA	Assess, motivate, educate, nd train clients about health nd fitness; design safe and effective exercise program

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ACE (www.acefitness.org)	Group fitness instructor	NA	NA	18 yr or older; current CPR and AED certification	Teach safe and effective group fitness classes
	Personal Trainer	NA	NA	18 yr or older; current CPR and AED certification	Provide one-on-one or small-group fitness instruction
	Advanced health & fitness specialist	4 yr bachelor's or ACE certification	Exercise science or related field	18 yr or older; current CPR and AED certification; 300 hr related experience	Design and implement exercise programs for healthy individuals or high-risk individuals, or both
	Lifestyle + weight management consultant	4 yr bachelor's or ACE certification	Exercise science or related field	18 yr or older; current CPR and AED certification	weight management programs incorporating nutrition, exercise, and lifestyle change; identify lifestyle barriers and design plans to overcome them

ALTEM = American College of Sports Medicine; ACE = American Council on Exercise; ACS = American Cancer Society; ASEP = American Society of Exercise Physiologists; CPAFLA = Canadian Physical Activity and Fitness Lifestyle Assessment; CSEP = Canadian Society for Exercise Physiology; NCPAD = National Center on Physical Activity and Disability; NSCA = National Strength and Conditioning Association.