



ACE→[®]

Start your career strong with a Health & Fitness Certification

So you're interested in becoming a personal trainer, group fitness instructor, or health coach? That's great! In an ever-growing industry, there's never been a better time to turn your passion into a profession.

Obtaining an NCCA-accredited certification is the most important step you can take. Without one, you will significantly limit your career opportunities, income and clientele. In fact, most major employers in the health and fitness industry require their trainers and coaches to hold an accredited certification.



6 reasons why certification is crucial

1

Competent & Qualified

Earning a professional certification along with your degree confirms you are more than prepared for the job, giving employers and clients confidence that you have the knowledge and skills needed to design and deliver individualized programs to meet each client's unique needs.

2

Confidence & Safety

With the supplemental science-based knowledge you'll gain through the ACE Certification Study Program, you'll gain complete confidence to safely guide your clients through exercise programs that get results.

3

Liability

An accredited certification shows you are professionally trained to know the DO's and DON'T's of what's safe and effective for your clients, reducing the risks of injuries and potential liabilities. As a result, many insurance providers will charge a lower rate because you are certified.

4

Employment

For most health and fitness employers, a college degree, while important, is not quite enough to land you a job. Whether you're looking to be a personal trainer, health coach, or group fitness instructor, an accredited certification is the key to getting you in the door.

5

Respect & Credibility

Your future clients, fellow exercise professionals and health coaches, and employers will hold you in high regards as a result of the discipline and commitment you invested in obtaining both an accredited certification and a college degree.

6

Standards & Professionalism

An accredited certification shows you have a complete understanding of the standards and professionalism expected of you in the industry. This helps to launch advanced opportunities beyond what a college degree would offer alone, including those in healthcare, disease prevention and more.

What is accreditation and is it really important?

Accreditation of certification programs is very similar to accreditation of college degrees. Both are focused on the quality, validity and reliability of the program, its competency-based assessments, and its ability to differentiate individuals who are qualified to practice in a given profession from those who are not.

Earning both an accredited certification *and* a college degree is an impressive combination. It shows any potential employer or client that you bring a complete understanding of training and coaching to the table. And it puts you in a position to rapidly advance your career while boosting your earning potential.



All certifications are not created equal

BE WARY! There are more than 100 organizations, educators, and fly-by-night operators that offer certifications or certificates that are not accredited, do little to prepare you for a lasting career and may not be accepted by employers. Make sure to do your research!

Want to get certified and pursue a health & fitness career?

See how an ACE Certification qualifies you to be among the most respected and sought-after professionals in the industry.

Check out our NCCA-accredited certifications at ACEFitness.org/Student

