

American College of Sports Medicine (ACSM)
in collaboration with the
**National Center on Health, Physical Activity and Disability
(NCHPAD)**

launches new specialty certification:

ACSM/NCHPAD Certified Inclusive Fitness Trainer (CIFT)

ACSM Certification is Leading the Way with the National Center on Health, Physical Activity and Disability (NCHPAD) to offer a specialty certification for fitness professionals to work with individuals with disabilities. There are 56 million people (approximately 18%) in the United States that have reported some type of disability. ACSM professionals have the potential to make a significant contribution by earning the specialty certification to safely and effectively work with people with disabilities.

To register for an exam or to review frequently asked questions visit www.pearsonvue.com/acsm

ACSM/NCHPAD Certified Inclusive Fitness TrainerSM

The ACSM/NCHPAD Certified Inclusive Fitness Trainer is a fitness professional involved in developing and implementing an individualized exercise program for a person who may have a physical, sensory or cognitive disability, and who is healthy or has medical clearance to perform independent physical activity. CIFT certified professionals hold a current NCCA-accredited health/fitness certification and CPR and AED certifications. In addition to knowledge of exercise physiology, exercise testing and programming, a CIFT has knowledge in inclusive facility design, awareness of social inclusion for people with disabilities and the American Disability (ADA).

Additionally the ACSM/NCHPAD CIFT demonstrates and leads safe, effective and adapted methods of exercise; writes adapted exercise recommendations; understands adapted methods of exercise; understands precautions and contraindications to exercise for people with disabilities; is able to demonstrate safe and effective adapted methods of exercise; is aware of the current Americans with Disabilities Act (ADA) policy specific to recreation facilities (US Access Board Guidelines) and standards for accessible facility design; and can utilize motivational techniques and provide appropriate instruction to individuals with disabilities to begin and continue healthy lifestyles.

Minimum Requirements and Costs:

Current ACSM Certification **OR** current NCCA-accredited health/fitness-related certifications (e.g., ACE, NCSF, NASM, NFPT, NSCA, Cooper Institute) **OR** Bachelor's degree in Exercise Science, Recreation Therapy, or Adapted Physical Education **AND**
Current Adult CPR/AED (with hands-on practical skills component)

ACSM Certified Professional price is \$150

Non-ACSM Certified Professionals price is \$195

Cost for re-test is \$125

Exam Blueprint

The exam will be delivered in a computer-based testing format (English only) at Pearson VUE® Authorized Test Centers worldwide. There are 100-120 multiple-choice questions based on KSA's (Knowledge, Skills and Abilities) distributed across eight content areas. The table below lists the **approximate** percentage of questions from each content area:

Exercise Physiology and Related Exercise Science	18%
Health Appraisal, Fitness and Clinical Exercise Testing	15%
Exercise Prescription and Programming	20%
Safety, Injury Prevention, and Emergency Procedures	11%
Human Behavior and Counseling	10%
Clinical and Medical Considerations	11%
Americans with Disability Act (ADA) & Facility Design	5%
Disability Awareness	10%
TOTAL	100%

Frequently Asked Questions

When and where will the exam be available?

Candidates pick the date, time and location of their exam at over 4300 Pearson VUE authorized testing centers in 166 countries.

How can I register for the exam?

- Online at www.pearsonvue.com/acsm
- Phone registration in the United States and Canada: 888-VUE-ACSM (883-2276)
- See the global directory at: www.pearsonvue.com/contact/acsm
- On Site registration: Any [Pearson VUE™ Authorized Center](#) worldwide

What should I expect when taking the exam?

A body of expertise delineated into Knowledge, Skills and Abilities (KSAs) has been developed specifically for the ACSM/NCHPAD Certified Inclusive Fitness Trainer by subject matter experts (SMEs). The SMEs developed the KSAs specifically for fitness professionals working with people with a physical, sensory or cognitive disability.

The examination is composed of approximately 100-120 multiple choice questions drawn from the KSAs for the ACSM/NCHPAD Certified Inclusive Fitness Trainer. It includes "trial" questions that are being tested for use in future examinations. These trial questions are randomly distributed throughout the exam and will not be counted in the final results.

You will not be allowed to bring any materials or equipment into the examination area. There are no calculations on the exam.

How long is the exam?

- Exam Time: 150 minutes (2.5 hours)
- Total Exam Seat Time: 175 minutes (2.75 hours); includes eligibility verification, a tutorial, pre-exam survey and a non-disclosure agreement prior to exam.

What is a common work setting for individuals seeking this certification?

- Community/public health settings
e.g. YMCA, parks & recreation, after-school programs
- Commercial health clubs
- Corporate fitness centers
- University recreation centers
- Medical fitness centers

Are there workshops to help me prepare? How do I find out about them?

Workshops are not currently available, however, there will be workshops available in the near future. Once there are workshops available, sites will be listed on

<http://certification.acsm.org/cift-webinar>. Additionally, a workshop agenda will be provided at <http://members.acsm.org/source/Meetings/cMeetingProcessSearch.cfm?Section=unknown>.

Please continue to check these websites for updates.

Is there an ACSM member discount?

There is not an ACSM membership discount for specialty certifications, however, there is an ACSM Certified Professional discount. To receive the ACSM Certified Professional discount, e-mail your full name and 6 digit ACSM ID number, as listed on your certificate, to certification@acsm.org.

ACSM membership discounts apply to the ACSM Certified Personal TrainerSM, ACSM Health/Fitness Instructor[®], ACSM Exercise Specialist[®] and ACSM Registered Clinical Exercise Physiologist[®]. ACSM membership applications may be obtained by visiting www.acsm.org/join. Both printable and online applications are available. To view membership categories, fees, and benefits, visit <http://www.acsm.org/join-acsm/membership-options-benefits>. Should you have additional membership related questions, email membership@acsm.org.

After completing the exam, when will I receive my results?

You will receive your results immediately upon completion of the exam in a printed score report. The score report will include your scaled score out of 800 and the percent that you answered correctly in each competency. If you pass, a certificate will be sent to you in 6-8 weeks.

If I do not pass the exam, how quickly can I take a re-test?

Re-test candidates will receive a re-test promotional code (promocode) on the results printout. You may retake the exam 15 days following your initial exam and every 15 days following until a passing score is achieved.

What are the continuing education requirements?

To maintain your CIFT certification, you will need to accumulate at least 15 CECs/CEUs within a 3-year cycle, maintain CPR certification, and pay the \$25 recertification fee.

Can I use the same continuing education credits (CECs) to renew the specialty certification that I use to renew my ACSM certification?

CECs from an ACSM certification can also be applied for an ACSM/NCHPAD Certified Inclusive Fitness Trainer if the content covered in the course includes information covered in the knowledge, skills and abilities (KSAs) of the specialty certification.

Will ACSM be offering continuing education opportunities for the specialty certification?

ACSM will be providing self-study opportunities for the specialty certification as well as opportunities to work with industry programs already in existence in order to obtain continuing education credits.

Can I earn continuing education credits for taking a specialty certification?

This is currently under review by the ACSM Committee on Certification and Registry Board.

What other exams does ACSM offer?

ACSM currently offers four other certifications. ACSM Certified Personal TrainerSM, ACSM Health/Fitness Instructor[®], ACSM Exercise Specialist[®] and ACSM Registered Clinical Exercise Physiologist[®]. For more information, visit www.acsm.org/certification.

How is the CIFT certification different from the other ACSM certifications?

The CIFT certification is a specialty certification that tests the competencies of fitness professionals desiring to work with individuals who may have a physical, sensory or cognitive disability, who are healthy or have medical clearance to perform independent physical activity. Because the eligibility requirements include a current ACSM or NCCA-accredited certification or bachelor's degree in an appropriate field (ex. Exercise Science), the candidate will already have a foundation in health and fitness competencies. The certification is designed to address specifically the knowledge, skills and abilities for working with individuals with disabilities.

Does the CIFT certification qualify me to practice in the capacity of other ACSM certifications?

The CIFT certification is intended for fitness professionals to support clients in this specific area at a level that is consistent with their pre-requisite certification.

For example, if an individual is eligible to take the CIFT certification exam because they hold an ACSM Certified Personal TrainerSM certification, then they are qualified to work with apparently healthy clients or those who have been cleared by their physician to take part in independent physical activity. They are required to stay within their scope of practice consistent with their personal trainer certification and the CIFT certification, if earned. The clients they are working with must be either apparently healthy or cleared by their physician to take part in independent physical activity.

If an individual holds the ACSM Exercise Specialist[®] certification they are qualified to work with clients or patients with cardiovascular, pulmonary or metabolic disease who require clinical supervision. Therefore if they hold the CIFT certification they are qualified to work with clients or patients that have a physical, sensory or cognitive disability in addition to cardiovascular, pulmonary or metabolic disease.

What does inclusive mean?

Simply put, inclusion means including everyone. Fitness professionals can learn ways to be inclusive in their facility and in their testing and programming through education and by earning the ACSM/NCHPAD Certified Inclusive Fitness Trainer certification. To learn more about certification, visit www.pearsonvue.com/acsm/cift. For education and inclusive initiatives, visit the Inclusive Fitness Coalition at www.incf.it.org and the National Center on Health, Physical Activity and Disability at www.nchpad.org.

Is the ACSM/NCHPAD Certified Inclusive Fitness Trainer exam available in foreign languages?

Translated exams will be made available in different languages as demand dictates. Currently, the exam is available at any worldwide Pearson VUE authorized testing center in English.

What is the passing score for the exam?

The passing score for all ACSM certification exams is set in advance and applied to all candidates' exam results. Similar to exam scoring for a wide variety of other high stakes, national standardized exams (e.g., GRE, SAT, GMAT, etc.), ACSM certification exams are reported on a 200-800 score scale.

Specifically, all candidates are expected to meet the passing standard of a scaled score of 550 in order to receive a "Pass" on any respective ACSM certification exam. This passing standard is based upon the expectations of the subject matter experts/test developers across all topics of the competency areas, as related to each respective credential's examination blueprint. Passing candidates are expected to answer a sufficient number of test questions correctly that demonstrates a summative amount of knowledge at a level of at least minimal competency or the lowest acceptable score to pass the exam.

Finally, each content area is weighted proportionally, based on the results of a periodic comprehensive job task analysis/role delineation study. In other words, some content areas are more important (thus, have more questions) and count more with respect to the overall score than other content areas. On the score report, candidates receive their overall score, their pass/fail status, as well as a breakdown by each specific content area (either by a percentage or a sub-section scale score, respectively).

Recommended study materials

ACSM advises all exam candidates to review the candidate handbook -

http://certification.acsm.org/files/file/ACSMCandidateHandbookv6_2011.pdf

- **ACSM/NCHPAD Resources for the Inclusive Fitness Trainer**
The definitive resource for physical activity and ability
<https://www.createpace.com/4098608>
- **The National Center on Health, Physical Activity and Disability**
www.nchpad.org
Publications and resources specific to exercise and fitness related topics for people with various disabilities and activity limitations.
- **ACSM's Certified News**, October - December 2006 Issue
<http://incfit.org/files/ACSM%20Dis%20newsletter.pdf>
- **ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities**
J. Larry Durstine and Geoffrey Moore
Human Kinetics
P. O. Box 507
Champaign, IL 61825-5076
(800)-747-4457
www.humankinetics.com
- **Inclusive Fitness and Lifestyle Services for All Disabilities**
Canadian Society for Exercise Physiology
185 Somerset Street West, Suite 202
Ottawa, Ontario K2POJ2
(613)-234-3755
www.csep.ca
- **Conditioning with Physical Disabilities**
Kevin F. Lockette and Ann M. Keyes, editors
In cooperation with The Rehabilitation Institute of Chicago
Human Kinetics
P.O. Box 507
Champaign, IL 61825-5076
(800)-747-4457
www.humankinetics.com
- **Fitness Programming and Physical Disability**
Patricia D. Miller, editor.
Human Kinetics
P.O. Box 507
Champaign, IL 61825-50765
(800)-747-4457
www.humankinetics.com

- **Adapted Physical Education and Sport, 4th edition**
J. Winnick
P.O. Box 507
Champaign, IL 61825-5076
(800)-747-4457
www.humankinetics.com
- **American with Disabilities Act (ADA)**
www.ada.gov
- **ADA Business Connection; business briefs & fact sheets on specific ADA requirements**
<http://www.ada.gov/business.htm>
- **"Reaching Out to Customers With Disabilities"**
<http://www.usdoj.gov/crt/ada/reachingout/intro1.htm>
- **A Guide to Disability Rights Laws**
<http://www.ada.gov/cguide.htm>
<http://www.ada.gov/cguide.pdf>
- **"Removing Barriers to Health Clubs & Fitness Facilities: A Guide for Accommodating All Members, Including People with Disabilities & Older Adults"**
North Carolina Office on Disability & Health
<http://www.fpg.unc.edu/~ncodh/pdfs/rbfitness.pdf>
- **US Architectural & Transportation Barriers Compliance Board, (i.e. The Access Board)**
www.access-board.gov
- **Guide for Swimming Pools & Spas**
<http://www.access-board.gov/recreation/guides/pools.htm>
- **Guide for Sporting Facilities**
<http://www.access-board.gov/recreation/guides/sports.htm>
- **Recreation Access Rights (ADA)**
by John McGovern, JD.
<http://www.ncaonline.org/index.php?q=node/742>

For more information, please contact:
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