

# Increase your employability!

Broaden your knowledge. Help more people!



## Are you eligible

### Requirements to pursue certification:

Current ACSM or NCCA-accredited, health/ fitness-related certification  
*OR*

Bachelor's degree in Exercise Science, Recreation Therapy or Adapted Physical Education

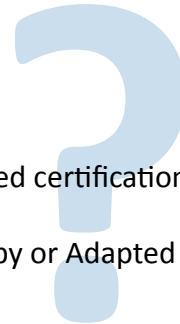
*AND*

Adult CPR/AED (with hands-on practical skills component)

### Study Materials

A study book, ACSM/NCHPAD Resources for the Inclusive Fitness Trainer, provides the essential techniques and guidelines to prepare for the ACSM/NCHPAD Certified Inclusive Fitness Trainer certification.

For more information on the certification, including additional training and study materials, go to <http://certification.acsm.org/acsm-inclusive-fitness-trainer>.



## Be a leader!

Increase your competitive edge and stand out among your peers with the ACSM/NCHPAD Certified Inclusive Fitness Trainer Certification.

## ACSM/NCHPAD

### Certified Inclusive Fitness Trainer (CIFT)

A CIFT is a fitness professional who has the unique capability to assess, develop, and implement an individualized exercise program for persons with a physical, sensory, or cognitive disability who are healthy or have medical clearance to perform independent physical activity.

## ACSM/NCHPAD CIFT

### Scope of Practice

A CIFT has the following knowledge specifically as it relates to people with disabilities:

- Exercise physiology
- Exercise testing and assessment
- How to write safe, effective, and individualized exercise recommendations
- Precautions and contraindications to exercise
- Inclusive facility design and current accessibility legislation for fitness facilities
- Appropriate instruction and communication skills



### For More Information CONTACT:

National Center on Health, Physical Activity and Disability (NCHPAD)

[www.nchpad.org](http://www.nchpad.org)

(800) 900-8086

[email@nchpad.org](mailto:email@nchpad.org)

American College of Sports Medicine (ACSM)

[www.acsm.org](http://www.acsm.org)

(800) 486-5643

[certification@acsm.org](mailto:certification@acsm.org)

