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

**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.

**ACSM/NCHPAD CIFT**

**Scope of Practice**

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**For More Information**

**CONTACT:**

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(800) 900-8086

American College of Sports Medicine (ACSM)
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