



INDUSTRY NEWS

Fitness Industry Making History

Qualified trainers may sit for Part I of National Board Exam

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SANTA BARBARA, CA — The National Board of Fitness Examiners (NBFE) announced today that for the first time in the history of the fitness industry, a nationally standardized examination for personal trainers is now available.

The knowledge-based written component, or Part I, of the Personal Fitness Trainer Examination was developed by the National Board of Fitness Examiners (NBFE) in conjunction with Thomson-Prometric, the world's largest third-party testing organization. The NBFE also drew on the assistance of many of the nation's leading personal training certification organizations including:

- Academy of Applied Personal Training Education (AAPTE)
- Aerobics and Fitness Association of America (AFAA)
- American Fitness Professionals and Associates (AFPA)
- International Sports Sciences Association (ISSA)
- International Association of Resistance Trainers (IART)
- National Association for Fitness Certification (NAFC)
- National Endurance and Sports Trainers Association (NESTA)
- National Exercise Trainer Association (NETA)
- Professional Fitness Instructor Training (PFIT)
- The Cooper Institute
- U.S. Career Institute
- World Instructor Training Schools (WITS)

Along with support of certifying organiza-



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tions, input from some of the nation's leading health and fitness experts (who hold multiple certifications and degrees in addition to years of experience) was key in the development of national standards for personal training and the NBFE examination. The NBFE also conducted, and applied the results of, the largest independent study and job task analysis ever organized in the history of the industry.

Dr. Sal Arria, President of the National Board

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About NBFE

The National Board of Fitness Examiners (www.NBFE.org is a not-for-profit organization; founded in 2003 to ensure to the public that qualified fitness professionals who have successfully passed the National Board examinations have achieved an approved level of competency in the health and fitness industry.

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stated, "There are over 100 organizations and schools that provide certification and education to personal trainers, each have their own individual standards. Some do not require any education, courses or classes to become a certified personal trainer." Dr. Arria went on to say, "This poses a serious risk to consumers who expect that their certified personal trainer has at least a minimal level of education and demonstrated competence in their field."

Until the deployment of the National Board examination, there were no industry developed, national standards with which to judge the competency of a certified personal fitness trainer. Today, the fitness industry joins other professions, including every branch of

medicine and allied health, by utilizing national board examinations to assess the competency of individuals in their respective professions regardless of what school or program they attended.

Qualified individuals may sit for Part I of the NBFE Personal Fitness Trainer Exam by successfully completing a personal trainer certification/education program with an NBFE approved Affiliate organization.

Part II, the practical exam is expected to be available in 2006. Candidates must have successfully passed Part I before they are eligible for Part II.

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