



A World Leader in Fitness Certification, Education and Performance

For more than 20 years, the National Academy of Sports Medicine (NASM) has set the standard in certification, continuing education, solutions and tools for health and fitness, sports performance and sports medicine professionals. NASM has pioneered evidence-based health and fitness solutions that optimize physical performance and allow individuals to achieve a variety of fitness activity goals.

Today, NASM serves thousands worldwide and positively impacts the lives of millions of people the world over. As the world's foremost resource for health and fitness information, the organization continues to elevate its industry best practices by providing outstanding programs and quality certification courses for its members.

Personal Trainer Certification That Define Industry Standards

NASM certifications are the most sought after in the personal trainer industry, as its systems and methodologies represent the gold standard in fitness. In fact, the organization's certifications require the most comprehensive knowledge of human movement science, functional anatomy, physiology and kinesiology, as well as functional assessment and program design. NASM solution-focused certifications create trainers who enhance the performance and knowledge of their fitness staff, provide a consistent training experience, and help reduce injuries.

In addition to its leading fitness certification program, Certified Personal Trainer (CPT), NASM also offers premier advanced specializations including Performance Enhancement Specialist (PES) and Corrective Exercise Specialist (CES). NASM also offers more than 20 continuing education courses in a variety of disciplines and a myriad of solutions including fitness education partnerships and professional consulting.

The NASM Board of Certification (NASM-BOC) and Certification Advisory Council provide certification programs for entry-level and advanced practitioners in the sports medicine, performance enhancement and health and fitness industries. The NASM-CPT certification is accredited by the National Commission for Certifying Agencies (NCCA).

NASM Programs Earn Distinction in Research and Application

All NASM programs are developed from comprehensive scientific research that is supported by the NASM Research Institute at the University of North Carolina at Chapel Hill. The industry's most accomplished experts -- including internationally renowned scientists, trainers, coaches and athletes -- oversee NASM's daily educational curriculum and partnerships. These experts not only create the direction and vision for NASM, they also represent the recognized leaders for the industry as a whole.

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NASM Overview (2 of 2)

Designed exclusively by NASM, Optimum Performance Training[®] (OPT[®]) is a systematic and integrated (total body) training, reconditioning and rehabilitation program that incorporates six components of training - flexibility, cardiorespiratory, core, balance, power and strength. This method is successful in training, reconditioning and rehabilitating elite, college, high school and recreational athletes alike. OPT[®] also has proven successful with the general health club population by decreasing body fat, increasing lean muscle mass and improving overall health.

HFPN:

The Health and Fitness Provider Network (HFPN; HFPN.com), a strategic partner of the National Academy of Sports Medicine (NASM) is a technology-based solutions platform for health and fitness professionals. By offering powerful, yet easy-to-use tools, HFPN provides seasoned fitness professionals and new certified personal trainers the support needed to successfully build and grow their business, leading to professional and financial success, but more importantly, better health for clients.

Empowerment for Consumer Education and Performance

In addition to its many training and certification programs for experts, NASM empowers individuals to live healthy lives through the use of systematic evidence-based fitness programs. The NASM philosophy is that there is no "quick fix" to a healthy lifestyle. While NASM cannot change a person's dominant behaviors, such as eating habits, its programs can positively alter behavior by allowing people to participate in customized, scientific-based exercise programs.

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