



Q: What does NASM stand for and what services does it offer?

A: NASM is the National Academy of Sports Medicine and it offers certification and continuing education to personal trainers and is a pioneer in developing evidence-based health and fitness solutions. Founded in 1987, NASM is a trusted resource for health and fitness information and empowers millions to live healthier, more enriched lives. NASM provides the CPT (Certified Personal Trainer) certification for personal trainers seeking to advance their careers and improve their assessment and training abilities with clients. NASM maintains a rigorous scientific approach to creating all of its programs to ensure knowledgeable trainers, educated consumers and a complete training experience.

Q: Who participates in NASM's certification programs? How many members are there?

A: NASM members consist of a wide array of certified health and fitness professionals and specialists, including personal trainers, physical therapists, sports medicine doctors and practitioners, chiropractors, massage therapists, general practitioners, nurses, dieticians and nutritionists.

Q: What are the requirements for the NASM CPT certification?

A: To obtain the NASM CPT certification, candidates must be at least 18 years of age and have a current Emergency Cardiac Care (CPR) and automated external defibrillator (AED) certification. The exam is a computer-based proctored test delivered through LaserGrade, an independent partner. Although NASM offers a preparation course, candidates are not required to purchase, enroll or participate in any NASM-educational offering.

Q: What are specific examples of the fitness programs that NASM provides?

A: NASM has developed its proprietary Optimum Performance Training™ (OPT™), a systematic, total body training, reconditioning and rehabilitation program. OPT is a successful training method for athletes of all levels and abilities and incorporates key components of training – flexibility, cardiorespiratory, core, balance, power and strength. NASM also offers two premier advanced specializations – Performance Enhancement Specialist (PES) and the Corrective Exercise Specialist (CES).

Q: Does NASM offer advanced academic degrees for personal trainers?

A: NASM offers accredited bachelor's and master's programs through the California University of Pennsylvania and master's and Ph.D. programs through the Arizona School of Health Sciences. NASM also has academic and research alliances with the University of North Carolina at Chapel Hill.

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NASM FAQs

Q: Is NASM involved with professional athletes and sports teams?

A: Athletic trainers from all major professional sports teams are NASM members. These NASM members work directly in improving the health and performance of their clients that feature elite world-class athletes from the NFL, NBA, MLB and the U.S. National Olympic teams.

Q: What companies or products are affiliated with NASM?

A: NASM maintains many strategic industry partnerships, including dotFIT, HFPN, IDEA Health & Fitness Association, Premier Training International, Blatant Media Corporation, the University of North Carolina at Chapel Hill, the Arizona School of Health Sciences, California University of Pennsylvania and the International, Health, Racquet and Sportsclub Association, among others.

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