

Comparison Chart on Personal Trainer Programs

CERT	CORE COST	PRACTICAL HOURS	HRS	INTERNSHIP(S)	WRITTEN	PRACTICAL	WRITTEN FORMAT	\$\$ TESTING	Prereq	DAYS TAUGHT	TEXTBOOK	ACE Recognized	IACET Recognized
WITS*	\$499.00	18	18	YES, 20 HRS	YES	YES	Both Tests Held On The 8th week	Included	NO	11	Not Included	YES	YES
AAAI / ISMA	\$99.00	5	3	NONE	YES	YES	Both Tests On That Day	Included	NO	1	Study Manuel	NO	NO
ACE	\$399.00	Home Study	Home Study	NONE	YES	NO	Travel to Test Center	Not Included	NO	Home Study	Study Manual	NO	NO
ACSM	\$520.00	20	20	NONE	YES	YES	Travel to Test Center	Included	YES	5	Not Included	NO	NO
AFFA	\$439.00	20-24 Hours	Seminars	NONE	YES	YES	Both Test Held On The Last Day	Included	YES	3	Not Included	NO	NO
AFFA	\$315.00	Home Study	Home Study	NONE	YES	NO	Open Book Test / In Home Test	Included	NO	3 mnths to complete	Included	NO	YES
COOPER	\$695.00	30	12.5	NONE	YES	YES	Travel to Facility	Included	YES	5	Not Included	NO	NO
IFPA	\$399.00	Home Study	Home Study	NONE	YES	YES	Travel to Test Center	Included	YES	2	Included	NO	YES
ISSA	\$595.00	1 Day	1 Day	NONE	YES	YES	Both Tests Held On The Last Day	Included	NO	2	Included	NO	NO
NASM	\$500.00	Home Study	Home Study	NONE	YES	NO	Schedule Exam w/ "Laser-grader"	Included	NO	120 days to complete	Included	NO	NO
NFPT	\$425.00	Home Study	Home Study	NONE	YES	NO	Travel to Test Center	Included	NO	Home Study	Included	NO	NO
NSCA	\$330.00	Home Study	Home Study	NONE	YES	NO	Travel to Test Center	Included	NO	Home Study	Not Included	NO	NO

*Based on 2 weeknights 6:30pm-9:30pm

3 college credits to degree - only

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