

Certification	Year Started	Test Pass Ratio's	Core Lecture Hours	Practical Lab Hours	Internship	Written	Practical	Exam Cost	Course Pre-Requisites	Days Taught	Retest Fee
W.I.T.S.	1993	80.50%	16	16	Yes	Yes	Yes	Included	YES	9 at college sites	\$75
ACE **	1985	67%	none required	none required	N	Y	N	\$399	None	Optional Home Study	\$200
ACSM **	1954	55%	none required	none required	N	Y	N	\$219-275	None	Optional Home Study	\$150
AFAA	1983	not shared	25	N/A	N	Y	Y	Included	Yes	2.5	
AFPA	1994	not shared	Home Study	Home Study	N	Y	N	\$395	Yes	Optional Home Study	\$50
COOPER **	1970	59%	none required	none required	N	Y	N	\$289	None	Optional Home Study	\$195
IFPA	1994	not shared	Home Study	Home Study	N	Y	N	\$349	Yes	Optional Home Study	\$99
ISSA	1988	not shared	Home Study	Home Study	N	Y	N	Included	Yes	Optional Home Study	N
NASM **	1987	71%	none required	none required	N	Y	N	\$599	None	Optional Home Study	\$199
NFPT **	1988	not shared	none required	none required	N	Y	N	\$199	None	Optional Home Study	\$119
NCSF **	1995	57%	none required	none required	N	Y	N	\$299	None	Optional Home Study	\$99
NSCA **	1978	61%	none required	none required	N	Y	N	\$300-435	None	Optional Home Study	\$320

Special Note: ** These groups only require a written exam for the health occupation of personal training. This is problematic at best for this very much hands on profession.