



Personal Trainer Certificate Renewal Guidelines

To support NASM's commitment to protect health and safety, the NASM Personal Trainer credential must be renewed every two (2) years. This ensures that NASM professionals are current with best practice guidelines, promotes continued competence and development of knowledge beyond the levels required for entry-level practice.

CEU Requirement

The number of CEU's required is 2.0.

- CEU's are based on contact hours. *Contact hours* are defined as the number of clock hours spent in direct participation in a structured educational format.
- One (1) contact hour is equivalent to point-one (0.1) CEU.
- One CEU (0.1) must come from a CPR/AED certification.

Renewal Fees

Every NASM Personal Trainer credential holder is required to submit a completed renewal application every two years with a renewal fee of \$99. This fee is an administrative fee that supports activities required of the NASM Recertification Department. The late renewal fees are: \$30 for applications received up to 90-days post-expiration and \$50 for applications received after the 90-day grace period and before one year after credential expiration.

Expiration of Credential

The NASM Personal Trainer credential will expire if all renewal requirements have not been met by the expiration date. Renewal Applications can be submitted up to one year late *if all continuing education courses have been completed before or within 90 days of the certification expiration date*. Additional fees will apply.

Petition Policy for Continuing Education

Non-NASM-approved continuing education courses can be reviewed by petition only. A \$25 non-refundable administrative fee is required for each course/event petitioned.

Renewal Audit

There will be a random audit performed on all renewal applications submitted. If your application is chosen for audit, you will have 30 days to submit all supporting documentation to the NASM Recertification Department.

Change of Address

Changes in mailing address must be provided to the NASM Recertification Department. You can keep your member information current by logging onto your member page from our website.

How to renew your NASM Personal Trainer credential:

1. Log in to your NASM account and select Credentials > Recertification in the top menu.
2. Click on **My CEUs** under the **Continuing Ed.** Section.
3. Enter your CEUs by choosing **Provider/Petition CEUs** or **Add Other CEUs**
4. Include documentation of continuing education courses (e.g., copies of CEU certificates of completion). A total of 2.0 **NASM-approved** CEU's are required.
5. Click on **Renewal** under the **Certifications** section
6. Check the box next to your NASM Personal Trainer expiration date and click on **Renew**
7. You will be directed to the NASM store to pay any applicable late fees. A verification email will be sent once your application has been received.

Category Requirements

Maximum Number of CEU's Accepted Per Category

Total Required	Category A Maximum	Category B Maximum	Category C Maximum	Category D Maximum
1.9 CEU's	1.9	1.9	1.9	0.1

Category A – NASM/AFAA Courses and Approved Provider Offerings

Activities in this category include NASM/AFAA courses and courses that have been approved by NASM/AFAA.

Possible Activities	Number of CEU's	Required Documentation
Workshops	As awarded by NASM	Certificate of attendance
Conferences	As awarded by NASM	Certificate of attendance
Symposiums	As awarded by NASM	Certificate of attendance
Home-study Courses	As awarded by NASM	Certificate of completion
NASM-Credential Courses	As awarded by NASM	Certificate of completion
Other Approved Certifications	As awarded by NASM	Certificate of completion

A maximum of 1.9 CEU's can be obtained in Category A.

- NASM will determine the number of CEU's awarded for approved activities in this category.
- All conferences, workshops and symposiums must be intended for an audience of health and fitness professionals.
- A list of current NASM-approved providers is available on NASM's website.

Category B – Industry Contributions

Activities in this category have been defined by NASM.

- Speaking engagements can be counted only once per topic.
- Topic must be related to health and fitness.

A maximum of 1.9 CEU's can be obtained in Category B.

Possible Activities	Number of CEU's	Required Documentation
Speaker at a conference	0.1 CEU/ contact hour	Letter of acknowledgement (include description of topic and length of time), Outline of notes
Panelist at a conference	0.1 CEU/ contact hour	Letter of acknowledgement (include description of topic and length of time), Outline of notes
Primary author in a peer-reviewed publication*	0.5 CEU's	Copy of article; writer guidelines
Primary author in a textbook	0.5 CEU's	Copy of cover, table of contents, 500-word summary of contribution to industry

*A peer-reviewed publication is one that has been reviewed by an editor and one (or more) specialists prior to its publication.

Category C – Post-Certification Collegiate Coursework

CEU's are awarded for successful completion of college or university courses, if the content falls within the Performance Domains defined by the most current Job Analysis Study.

- For a course to be eligible, it must be assigned credit hours and be listed on the official university transcript.
- Point-one CEU credit hour (0.1) is awarded for each semester credit hour (e.g., a 3-credit course receives 0.3 CEU's).

A maximum of 1.9 CEU's can be obtained in Category C.

Possible Activities	Number of CEU's	Required Documentation
College/official university course	0.1 CEU per official credit hour	Official university transcript

- Acceptable courses include those specifically included in the following degree programs: Athletic Training, Biology, Biomechanics, Community Health, Emergency Medical Technician, Ergonomics, Exercise Physiology, Exercise Science, Health Science, Human Movement Science, Kinesiology, Massage Therapy, Nursing, Nutrition, Physical Education, Physical Therapy, and Sport Science.
- General Education requirements are accepted only with relevance to the health & fitness industry (e.g. Biology, Biomechanics, Business Administration, Communications, Exercise Physiology, Human Anatomy, and Human Physiology).
- Practicum courses, internship experiences and laboratory-format courses are **not** acceptable for CEU credit.

Category D – Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Certification: REQUIRED

CEU's earned in this category are **REQUIRED**.

- Candidates must maintain and provide proof of current Cardiopulmonary Resuscitation (CPR) and automated external defibrillator (AED) certification.

- Recommended providers include:
 - ASTI
 - American Heart Association
 - American Red Cross
 - American Safety and Health Institute
 - National Safety Council

Only 0.1 CEU's can be obtained in Category D.

Possible Activities	Number of CEU's	Required Documentation
Courses providing required CPR/AED certification	0.1 CEU	Front & back copies of current certification card(s)