

BECOMING ESSENTIAL

FITNESS PROFESSIONAL RESOURCES

Professional Organizations & Associations

- [American College of Sports Medicine \(ACSM\)](#)
- [Physical Activity Alliance](#)
- [IHRSA – The Global Health & Fitness Association](#)
- [USREPS - The United States Registry of Exercise Professionals](#)

Current USREPS Member Organizations

- [American College of Sports Medicine \(ACSM\)](#)
- [American Council on Exercise \(ACE\)](#)
- [Collegiate Strength and Conditioning Coaches Association \(CSCCa\)](#)
- [National Council on Strength and Fitness \(NCSF\)](#)
- [National Strength & Conditioning Association \(NSCA\)](#)

Advocacy & Legislative Information

- [Fitness Industry Fact Sheets by State](#)
- [Fitness Industry Legislative & Regulatory Issues Tracking](#)
- [IHRSA PAC \(Political Action Committee\)](#)
- [IHRSA – State Alliance Information](#)
- [National Health & Fitness Alliance](#)
- [Personal Health Investment Today \(PHIT\) Act](#)
- [Physical Activity Alliance - Strategic Policy Priorities](#)
- [Project 435 Information](#)
- [State Fitness Alliance Playbook for Health, Wellness, and Fitness Leaders](#)

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Accreditors

- [American National Standards Institute \(ANSI\)](#)
- [Commission on Accreditation of Allied Health Education Programs \(CAAHEP\)](#)
- [Committee on Accreditation for the Exercise Science \(CoAES\)](#)
- [International Association of Continuing Education and Training \(IACET\)](#)
- [International Standards Organization \(ISO\)](#)
- [National Commission for Certifying Agencies \(NCCA\)](#)
- Accredited Exercise Professional Certification Programs:
 - [NCCA Accredited Exercise Professional Programs](#)
 - [ISO Accredited programs](#)

Educational Articles, Reference Materials, & Position Statements

- [Bringing Equity, Diversity, and Inclusion to the Fitness Industry](#)
- [Diversity, Equity & Inclusion in The Fitness Industry](#)
- [Five Steps to Professionalization of the Fitness Industry](#)
- [Inter-Association Recommendations: Best Practices in Strength and Conditioning](#)
- [Medical Fitness Association: Facility Standards and Guidelines](#)
- [National Physical Activity Plan](#)
- [Preventing catastrophic injury and death in collegiate athletes](#)
- [Weight Bias: A Primer for the Fitness Industry](#)

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Government Resources





- [O*Net \(the nation's primary source of occupational information\)](#)
- [U.S. Bureau of Labor and Statistics- Occupational Handbook](#)

Panelist

Contact Information

- [Brian Biagioli](#)
- [Graham Melstrand](#)
- [Trey Watson](#)
- [Michael Stack](#)



Supervision/ Oversight Required for Patient or Client Based on Health Status	Job Roles/Credential	Credential Type		Academic Credential	Practice/Setting <div>  Clinical  Sports Performance  Health  Fitness </div>	Typically Provides Physical Activity Programs and Services to Clients or Patients Who Are...			
		<div>L</div> Licensed <div>R</div> Registered <div>C</div> Certified				Physician Supervised	Physician Cleared	Physician Referred	No Clearance Required
High Level of Patient/Client Supervision	Physical Therapist	<div>L</div>		Doctorate	Clinical	Y	Y	Y	Y
	Athletic Trainer	<div>L</div>	<div>C</div>	Master's	Clinical / Sports Performance	Y	Y	Y	<u>D</u>
	Clinical Exercise Physiologist	<div>L*</div>	<div>R</div> <div>C</div>	Master's	Clinical	Y	Y	Y	Y
	Registered Kinesiotherapist		<div>R</div>	Bachelor's	Clinical	Y	Y	Y	⊘
	Medical Exercise Specialist		<div>R</div> <div>C</div>	Bachelor's	Clinical	<u>D</u>	Y	Y	Y
Medium Level of Client Supervision	Strength & Conditioning Coach		<div>R</div> <div>C</div>	Master's	Sports Performance	⊘	Y	Y	<u>D</u>
	Personal Trainer		<div>R</div> <div>C</div>	Master's	Health / Fitness	⊘	Y	Y	Y
	Exercise Physiologist		<div>R</div> <div>C</div>	Bachelor's	Clinical	⊘	Y	Y	Y
	Strength & Conditioning Coach		<div>R</div> <div>C</div>	Bachelor's	Sports Performance	⊘	Y	Y	Y
	Pilates Teacher		<div>R</div> <div>C</div>	Bachelor's	Health / Fitness	⊘	Y	Y	Y
	Personal Trainer		<div>R</div> <div>C</div>	Bachelor's	Health / Fitness	⊘	Y	Y	Y
Low Level of Client Supervision	Health Coach**		<div>C</div>		Health	⊘	<u>D</u>	Y	Y
	Strength & Conditioning Coach		<div>R</div> <div>C</div>		Sports Performance	⊘	Y	Y	Y
	Pilates Teacher		<div>R</div> <div>C</div>		Health / Fitness	⊘	Y	Y	Y
	Personal Trainer		<div>R</div> <div>C</div>		Health / Fitness	⊘	Y	Y	Y
	Group Exercise Instructor		<div>R</div> <div>C</div>		Health / Fitness	⊘	Y	Y	Y

*Licensed only in Louisiana.

** Physical activity Promotion and coaching is only a small portion of the Health Coach scope of practice.

D = Depends on setting