

PROGRAM OVERVIEW

The National Council for Certified Personal Trainers (NCCPT) is a comprehensive, post-certification externship program designed to provide newly certified NCCPT Personal Trainers with valuable, realistic fitness industry experience.

NCCPT has partnered with premier health clubs and fitness facilities throughout the country to offer NCCPT-CPT graduates the opportunity to gain hands-on, real-world experience prior to employment.

The NCCPT is an 8-week, 80-hour externship program that is administered and managed through the host facility and the NCCPT. Over the course of 8-weeks, NCCPT Personal Trainers (CPTs) will complete weekly online and practical assignments that incorporate fitness training services, typical facility tasks and mentoring. Assignments are all delivered in a self-study format that requires minimal supervision and guidance.

ASSIGNMENT TOPICS INCLUDE:

- Prospecting/Lead Generation
- Assessments
- Program Design
- Small Group Personal Training
- Leading Seminars
- Program/Price Presentation



NCCPT HOST FACILITY REQUIREMENTS

NCCPT host facilities will be required to:

1. Designate an in-facility NCCPT Facility Supervisor to:

- Provide guidance and critique to the NCCPT Personal Trainer (CPT).
 - Requires approximately 1-2 hours per week.
- Complete weekly CPT evaluations to NCCPT.
 - Requires approximately 15 minutes per week.

2. Allow facility access to the CPT for the 8-week/80-hour term of the program.

3. Provide opportunities for the CPT to complete weekly assignments.

HOST FACILITY BENEFITS:

- Access to certified, professional human capital.
- Highly qualified and “tested” employee candidates.
- Additional support and service for membership and personal training clientele.