

Patricia Causey

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How to Become a Pro Strength & Condition Trainer

Overview

Becoming a professional strength and condition trainer requires research, dedication, and a desire to help others with their fitness goals. Strength and condition training may also be labeled functional training, core conditioning, or biomechanics. Once certified, you will possess more specialized fitness knowledge than a personal fitness trainer. Several well-known organizations offer certifications to anyone who passes their exam, but the National Strength and Conditioning Association requires a minimum of a Bachelor's Degree or chiropractic medicine degree to apply. Whichever path to certification you choose, you are selecting a dynamic profession in a growing industry with many opportunities for success.

Step 1

Become certified through a reputable organization by completing a course and passing a final examination. Different requirements exist for each group but, generally, you must complete a series of workbook drills, quizzes, online forum participation, and even submit photos of yourself doing various poses or exercises. The final exam will either be online or held at a proctored host site. You should know your results within a month of taking the test. If you do not pass the first time, you may schedule a re-test. Once you have passed the final exam, your certificate of completion will be mailed to you. Make copies of the original certificate to submit with your résumé when applying for a trainer position.

Step 2

Get liability insurance, should a client get injured while in your care. A minimum of \$1,000,000 liability insurance is recommended to protect yourself and your assets should an injured client decide to sue, regardless of fault. Depending on the insurance company, you may be able to pay monthly or quarterly. Having liability insurance is often required in order to teach at gyms or to sign a lease on your own space. The more clients you have, the more insurance you need as the policy amount is usually an aggregate amount, meaning the insured amount is the total allotted to all suits combined, not individual claims.

Step 3

Market yourself to local gyms, spas, and country clubs; these types of businesses usually provide trainers for their clientele. As a trainer in one of these establishments, you will probably be an independent contractor, not a member of staff. These places may require staff to sign exclusivity contracts which limits their ability to work elsewhere. As an independent contractor, you can work anywhere--even for yourself--so that you can supplement your income as needed. If you are truly serious about being a sport and condition trainer, apply for a position with an athletic team or sports club. Teams and clubs are more sports- and extreme fitness-oriented than gyms or spas.

Step 4

Take classes for Continuing Education Units (CEU's) and attend workshops. The organization through which you get certified will probably offer CEU's or accept CEU's from another accredited program. Continuing your education in fitness science is crucial. University and clinical studies frequently learn new information on how the body works and recovers. Staying abreast of the information will make you a better trainer for your clients.

Skill

- Challenging

Things You'll Need

- certification
- liability insurance
- résumé

Tips

- If new to fitness, begin with a certification program that has an extended time allowance for completing all materials and exams.
- One program is not necessarily better than another. Most trainers have multiple certifications from several different organizations.

Warnings

- Maintain some form of income while you embark on becoming a trainer. It can take a year or more before your training business supplies you with a full-time income.

Keywords

- strength trainer
- conditioning
- professional
- insurance
- certified

Reference

- [National Endurance & Sport Trainers Association](#)
- [National Strength and Conditioning Association](#)

Resource

- [American Council on Exercise](#)

**Patricia Causey - TrishCausey@gmail.com
www.TrishCausey.com**