



Kinesiology Professional Organizations

Society of Health and Physical Educators (SHAPE). The mission of [SHAPE America](#) is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport.

American College of Sports Medicine (ACSM). The [American College of Sports Medicine](#) advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application to improve athletic performance and fitness.

National Strength and Conditioning Association (NSCA). The [National Strength and Conditioning Association](#) is a nonprofit professional organization dedicated to advancing the strength and conditioning profession around the world.

National Athletic Trainers' Association (NATA). The mission of the [National Athletic Trainers' Association](#) is to enhance the quality of health care provided by certified athletic trainers and to advance the athletic training profession.

Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD). The mission of [TAHPERD](#) is to promote healthful lifestyles through quality education for all populations and provide leadership to school, community, and statewide programs in the areas of health, physical education, recreation, dance, and other movement-related programs.

North American Society for the Psychology of Sport and Physical Activity (NASPSPA). The purpose of [NASPSPA](#) is to develop and advance the study of Motor Behavior (development, learning, and control) and Sport and Exercise Psychology.

This is a short list of kinesiology related professional organizations. It is always advisable to talk to your academic advisor about other professional membership organizations not listed above.

Kinesiology Professional Certifications

American Red Cross (ARC)

- **CPR/AED Certification.** The CPR/AED certification recognizes people's ability to respond to breathing and cardiac emergencies. It also recognizes the individual has the necessary skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). To learn more, go to: <https://www.redcross.org/take-a-class/aed/aed-training/aed-certification>

National Strength and Conditioning Association (NSCA)

- **NSCA Certified Personal Trainer (NSCA-CPT).** NSCA-CPT® are health/fitness professionals who, using an individualized approach, assess, motivate, educate, and train clients regarding their personal health and fitness needs. They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately in emergency situations. To learn more about becoming a NSCA-CPT go to: <https://www.nasca.com/certification/nsca-cpt/>
- **Certified Strength and Conditioning Specialist (CSCS).** CSCS® are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. To learn more about becoming a CSCS go to: <https://www.nasca.com/certification/cscs/>
- **Tactical Strength and Conditioning Facilitator (TSAC-F).** TSAC-F® apply scientific knowledge to physically train military, fire and rescue, law enforcement, protective services, and other emergency personnel to improve performance, promote wellness, and decrease injury risk. To learn more about becoming a TSAC-F go to the following site: <https://www.nasca.com/certification/tsac-f/>
- **Certified Special Population Specialist (CSPS).** CSPS® are fitness professionals who, using an individualized approach, assess, motivate, educate, and train special population clients of all ages regarding their health and fitness needs, preventively, and in collaboration with healthcare professionals. They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and recognize and respond to emergency situations. To learn more about becoming a CSPS go to: <https://www.nasca.com/certification/cspss/>

- **Certified Performance and Sport Scientist (CPSS).** The Certified Performance and Sport Scientist, specializes in the application of scientific processes to improve individual and team athletic performance and decrease injury risk. The CPSS may be either a generalist, working across the breadth of scientific disciplines, or a specialist practitioner, with training or applied experiences predominantly within one or more scientific disciplines relevant to sport science and sports performance. To learn more about becoming a CPSS go to: <https://www.nasca.com/cpss/>

American College of Sports Medicine (ACSM)

- **Certified Exercise Physiologist (EP-C).** Do you see exercise as an important element in the prevention and treatment of disease, and want to motivate people to practice healthy behaviors? ACSM Certified Exercise Physiologists® take training to an advanced level by conducting and interpreting physical fitness assessments and developing exercise prescriptions for people who are healthy or have medically controlled diseases. To learn more about becoming an ACSM EP-C go to: <https://www.acsm.org/certification/get-certified/exercise-physiologist>
- **Certified Group Exercise Instructor (GEI).** Do you love the energy of a group exercise class? Using a variety of teaching and motivational techniques to create a positive exercise experience, ACSM Certified Group Exercise Instructors® (GEI) are at the forefront of the group exercise movement. From coaching an individual through a tough session to providing healthy lifestyle support outside of class — the personal impact you'll make is long-lasting. To learn more about becoming an ACSM certified group exercise instructor go to: <https://www.acsm.org/certification/get-certified/group-exercise-instructor>
- **Certified Clinical Exercise Physiologist (CEP).** Do you believe in the therapeutic benefits of exercise? ACSM Certified Clinical Exercise Physiologists® (CEP) provide exercise-related consulting, and conduct assessments and individualized training to guide and strengthen the lifestyles of those with cardiovascular, pulmonary, and metabolic diseases and disorders. To learn more about becoming an ACSM certified clinical exercise physiologist go to: <https://www.acsm.org/certification/get-certified/clinical-exercise-physiologist>
- **Certified Inclusive Fitness Trainer (CIFT).** In collaboration with the National Center on Health, Physical Activity and Disability (NCHPAD), ACSM has developed a specialty certification for fitness professionals to empower those who are challenged by

physical, sensory, or cognitive disabilities. ACSM/NCHPAD Certified Inclusive Fitness Trainers (CIFT) give clients the knowledge and support to lead a healthy and comfortable lifestyle. To learn more about becoming a certified inclusive fitness training go to: <https://www.acsm.org/certification/specialized>

- **Certified Cancer Exercise Trainer (CET).** Do you want to give guidance and strength through exercise to people living with cancer? Created in collaboration with the American Cancer Society (ACS), ACSM/ACS Certified Cancer Exercise Trainers (CETs) design and administer fitness assessments and exercise programs specific to a person's cancers diagnosis, treatment, and current recovery status. To learn more about becoming an ACSM CET go to: <https://www.acsm.org/certification/specialized>
- **Physical Activity in Public Health Specialist (PAPHS).** Promote physical activity from the playground to policymakers by becoming an ACSM/NPAS Physical Activity in Public Health Specialist (PAPHS). In collaboration with ACSM and the National Physical Activity Society (NPAS) – learn how to make your voice heard for the advancement of your community on the way to building partnerships, developing initiatives, and advocating for programming that centers on physical activity as a path to stronger public health. To learn more, go to: <https://www.acsm.org/certification/specialized>

There are many other organizations nationally that provide certifications within the kinesiology field. It is always advisable to talk to your academic advisor about other certifications not listed above.