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Why you should NOT
get the NASM CPT II
Certification

This ACE Personal
Trainer makes
\$200k/year (ACE

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Certification Tips

Interview) Personal

Trainer Certifications-

Which is best for YOU?

ACE, NASM, NCSF,

NSCA, or ACSM? Best

Personal training

certification | Which one

should YOU get?

Which fitness trainer
certification is better?

-Better deal? Overall
experience? ISSA

Personal Trainer

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Certification Review

*How to pass the ACSM
Trainer
Certified Personal
Trainer Exam 5 Books*

*You Must Read as a
Personal Trainer* **HOW
TO PASS THE ISSA
FITNESS TRAINER**

**EXAM - Study tips and
exam breakdown** ~~ISSA
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NASM Personal Trainer
Study Guide ISSA
Personal Trainer
Certification Overview -
Final Exam Info ISSA
Fitness Trainer
Certification Review |
Laura Clendenning Best
~~Personal Trainer~~
~~Certification - How to~~
~~Become a Trainer!~~
~~Example Group Fitness~~
~~Instructor test questions~~

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~~#1 Water Aerobics~~

~~Certification — Let's get~~

~~Splashing Should You~~

~~Get A NASM Personal~~

~~Trainer Certification?~~

Personal Training

Certifications - Which

Ones are BEST and

Why? Best Personal

Trainer Certification

Aquatic Personal

Trainer Certification Or

Danita Watkins. Danita

Watkins is a certified

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fitness instructor (AFAA), personal trainer (ACE), and aquatic exercise specialist (AEA). She has written several articles for AKWA magazine and AEA On-Line education. She is a CEU provider, a WATERinMOTION instructor & champion and an AFAA presenter for the aquatic

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workshop and primary certification. Danita is a life-long aquatic fitness enthusiast and renowned for her creative fitness programs.

Aquatic Personal
Training - Aquatic
Exercise Association
And thanks to the
popularity and
suitability of water
exercise, your specialty

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in water aerobics is sure to equate to a large client base that will benefit your personal training career. Water aerobics, also known as water exercise and aquatic exercise, provides multi-directional resistance for our bodies, thus serving as both an excellent cardio and resistance workout.

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Water Exercise and
Aerobics Instructor
Certification and ...

ASFA's Water
Aerobics Certification is
Ideal for Trainers

Looking to Obtain an
Aqua Aerobics
Certification by Earning
a Water Aerobics
Certification Online.

ASFA's Water Aerobics
Instruction Certification

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addresses the needs of a broad spectrum of potential clients — from young to old.

Water Aerobics
Certification | Aqua
Aerobics Certified -
ASFA

Aquatic Personal
Training Certification-
Level 1 and Advanced
A manual for land and
water fitness

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assessments, liability information and forms, exercises and safety concerns for many special population, how to program and keep journals, exercise science. 2 hour of DVD lecture, the Master Dictionary of Moves in paper and DVD's, equipment usages and exercises DVD plus Prep for Aquatic PT

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Aquatic

DVD. Personal

Trainer

CERTIFICATIONS -

Aquatics Fitness Or

Professionals ...

The AFPA Aquatic

Fitness Instructor

Certification is

thoughtfully designed to

prepare you to teach

aquatics to all fitness

levels. Learn how to

design workouts for

different water depths,

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teach students how to control their own exercise intensity, organize smooth class routines, and design modified routines for all fitness levels - from beginners to seasoned water exercise veterans.

Aquatic Fitness
Instructor Certification |
AFPA Fitness
Check for Credentials

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When teaching water fitness personal training, each instructor should definitely have the following two (2)

National Certifications:

1. National Certification for Water Fitness Instructors.
- 2.

Aquatic Fitness
Personal Trainer -
uswfa.com

Aquatic Personal

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Training offers a great one-on-one experience with a personal trainer in the pool along with Lifeguard supervision for strength training, cardio endurance and balance abilities. The buoyancy of the water decreases the stress on the body that can be experienced during general weight lifting.

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Aquatic Personal
Training – Greater
Wyoming Valley Area
YMCA

FITNESS AND
PERSONAL

TRAINING The
University of Wellness
In partnership with the
Aquatic Center at Mylan
Park, the University of
Wellness provides
cutting edge fitness and
wellness education,

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services, and
certification. The
University of Wellness
creates and manages the
fitness and wellness
programs at the Aquatic
Center at Mylan Park.

Fitness & Personal
Training - Courses &
Certification ...

Through individual or
small group class
settings, we work with

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clients to achieve or restore balance and well being, using the healing properties of water and a variety of well-established techniques.

We specialize in Aquatic Personal Training, and utilize AquaStretch, Ai Chi and Aqua Yoga techniques to enhance the experience.

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Restorative Aquatic
Personal Training
Articles. Information
and ideas to expand
your understanding and
application of various
health, wellness and
fitness concepts.

FITNESS PROS
provides articles for
instructors, program
leaders and personal
trainers that target for
personal self-care,

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Professional growth and programming ideas. BETTER HEALTH provides articles for aquatic enthusiasts, consumers and instructors with topics focusing ...

Home [aeawave.org]
Personal training returns to Ballarat Aquatic and Lifestyle Centre (BALC) from 21

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September 2020. All sessions must be pre-booked to ensure we operate within Victorian Government guidelines. Please direct enquiries to Nicole Smith, Health and Wellness Team Leader balcpersonaltraining@ballarat.vic.gov.au or call 5329 1681 between 8am and 4pm, Monday to Friday.

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Personal training -
Ballarat Aquatic &
Lifestyle Centre
Aquatic Fitness

Personal Trainers
Course Complete the
registration form,
include the program fee
and return it to the
USWFA National
Headquarters. Upon
receipt of your
registration form and
program fee you will be

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sent the course materials, including the following: National Aquatic Fitness Personal Trainers Manual

Aquatic Fitness
Personal Trainers -
United States
Meet our personal
trainers and Health Club
staff We have a diverse
range of personal

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trainers available at
BALC for one-on-one
or small group training
sessions. Read more
about our personal
trainers below. To
enquire about
availability and session
pricing, you can contact
us online or speak to a
member of our
Customer Service team
in Centre.

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Personal trainers -
Ballarat Aquatic &
Lifestyle Centre
Aquatic Personal
Training Aquatic
personal training
sessions are available
for patrons of all ages
(18+), abilities, and
fitness levels. Our
instructors design
individualized exercise
programs catered to
each participant's unique

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fitness and wellness
goals.

Personal Training —
Muller Aquatic Center
150 Aquatic Personal
Trainer jobs available
on Indeed.com. Apply
to Personal Trainer,
Fitness Director and
more!

Aquatic Personal
Trainer Jobs,

Page 29/35

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Employment |

Indeed.com

DVD087-Aquatic

Personal Trainer

Assessment Tutorial

(Tutorial for 120
minutes)

DVD088-Aquatic

Personal Trainer

Program Tutorial (

Tutorial – 2 parts of
program planning)

Laminated pool
reference cards;

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Certification exam
which includes applied
theory exam, 5 case
studies & 1 video of a
client case study

Personal Trainer H2O
Instructor Certification -
WaterART ...

ISSA requires its
personal trainers to be at
least 18 years old, hold
a high school diploma
(or equivalent) and have

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a current CPR/AED accreditation. It is an online exam, making it the only fully online personal training certification on this list. The best way to prepare for the ISSA test is to use the practice exam from Trainer Academy.

5 Best Personal Trainer
Certifications [2020
Prices & Reviews]

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Aquatic Personal

Trainer Rates. \$50. 1

Session. Introductory

Rate. \$240. 5 Sessions.

\$48 Per Session. \$460.

10 Sessions. \$46 Per

Session *Sessions are

45 minutes. First session

will require a full land

and water assessment.

Prices do not include tax

and are subject to

change without notice.

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Aquatic Personal
Training - Dakota!
Sport and Fitness
Aquatic Personal

Training We all need
the advice of an expert
sometimes, as well as
the personal attention
that comes with a trainer
or coach. The Y offers
personal training and
coaching to help you set
and meet your specific
goals in order to live

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healthier. Stroke
Technique & Aquatic
Training
Certification Or
Continuing

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