ACSM Certified Health Fitness Specialist (HFS)

The ACSM Health Fitness Specialist assists those with medically controlled diseases and health conditions, as well as apparently healthy clients, in adopting and maintaining healthy lifestyle behaviors. Academic preparation also includes fitness management, administration, and supervision. The HFS is typically employed or self-employed in commercial, community, studio, corporate, university, and hospital settings.

Requirements:

- Current Adult CPR/AED certifications (with hands-on practical skills component).
- Minimum of a Bachelor’s degree in Exercise Science, Exercise Physiology, or Kinesiology. Candidates are eligible to take the exam in the last semester of their degree program.

Recommended Elective Courses:

- KIN 330: Biomechanics
- KIN 398: Principles of Exercise Training
- KIN 520: Practicum in Fitness Settings
- KIN 610: Program Planning and Evaluation
- KIN 625: Exercise Testing and Prescription
- KIN 635: Nutrition and Exercise
- KIN 655: Fitness Promotion
- KIN 657: Therapeutic Use of Exercise in the Treatment of Disease
- KIN 792: Health Fitness Instructor Internship
- HN 320: Prevention and Recognition of Athletic Injuries
- MANGT 420: Management Concepts

How to Study:

- Go to http://certification.acsm.org/acsm-certified-health-fitness-specialist for more information about study materials and exam content.