



**FOR IMMEDIATE RELEASE**

**NASM and AFAA Announce New Group Personal Training Workshop**

*Interactive, Online Course Provides Advanced Learning Capabilities for Certified Personal Trainers*

**Chandler, Ariz. (Oct. 14, 2013)** –The National Academy of Sports Medicine (NASM) and the Aerobics and Fitness Association of America (AFAA) have teamed up to deliver a new online workshop, Group Personal Training.

“Group personal training is growing in popularity throughout the country, resulting in an increased need for education and instruction in this area,” said Linda Pfeffer, president of AFAA. “Both AFAA and NASM understand consumers are attracted to group personal training for the cost savings, supportive environment and opportunity to work directly with a certified personal trainer. This joint effort combines AFAA’s advanced teaching technologies with NASM’s scientifically sound training methods.”

Students who are certified and complete the online Group Personal Training course will earn .8 NASM CEUs or 7 AFAA CEUs, and will be able to:

- Design safe and effective group training workouts with proper regressions and progressions in accordance with NASM’s Optimum Performance Training™ (OPT) Model.
- Explain the benefits of group personal training as it relates to clients, personal trainers and facility management.
- Perform assessment and movement screenings for predictable movement and compensation patterns among the group.
- Define the role energy systems play in interval training and groups.
- Implement business development tactics to build and grow a client base.

“The Group Personal Training program strengthens the skills personal trainers need for success in the group personal training specialization,” said Andrew Wyant, president of NASM. “Together with AFAA, we’re making the education and training accessible to the health and fitness community worldwide, continuing to support the advancement of CPTs and their careers.”

To provide the most comprehensive experience, NASM will host a live, interactive workshop session on Oct. 18, 2013. Participants can ask questions and work directly with NASM professionals to complete the course utilizing AFAA’s patent pending LQA System® (Live Question and Answer System). This video workshop will be available for purchase through [AFAA](http://www.afaa.com) (\$129). For additional information, please visit [www.afaa.com](http://www.afaa.com) or [www.nasm.org](http://www.nasm.org).

For personal trainers who cannot attend the live event, this course will be available for purchase through [E-AFAA](http://www.e-afaa.com) (\$129). For additional information, please visit [www.e-afaa.com](http://www.e-afaa.com) or [www.nasm.org](http://www.nasm.org).

**About NASM**

Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. In addition to its NCCA-accredited fitness Certified Personal Trainer (CPT) certification, NASM offers a progressive career track with access to Advanced Specializations including the Corrective Exercise Specialist (CES), Performance Enhancement Specialist (PES), Continuing Education courses, and accredited Bachelor and Master Degree programs. The NASM educational continuum is designed to help today’s health and fitness professional enhance their career while empowering their clients to live healthier lives.



To learn more about NASM certifications, visit [www.nasm.org](http://www.nasm.org) or call 1.800.460.NASM. For news, industry insight and promotions, subscribe to the latest issue of [The Training Edge](#) and follow us on [Facebook](#) or [Twitter](#).

**About AFAA**

The Aerobics and Fitness Association of America (AFAA) is the only certification organization to have earned dual accreditations from the Distance Education and Training Council (DETC) and Vital Research. As the industry's largest education and certification organization, AFAA has issued over 300,000 certifications since 1983. AFAA offers a comprehensive menu of onsite and online certifications including Group Exercise and Personal Training. Many of AFAA's continuing education specialty workshops offer AFAA's patent-pending LQA System® for fitness professionals to ask experts questions and receive answers in real time. If individuals can't participate in the live event, they can also view workshops archived (without the LQA option) at E-AFAA.com.

To learn more about AFAA certifications, visit [www.afaa.com](http://www.afaa.com) or call 1.800.446.2322. Follow us on [Facebook](#) or [Twitter](#).

**Contact:**

Amy La Sala  
Off Madison Ave  
480.505.4482  
[amyl@offmadisonave.com](mailto:amyl@offmadisonave.com)

###