

# [Seminar option 2](https://assignbuster.com/seminar-option-2/)

[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/)

Certifying Organizations Certifying Organizations A certifying organization refers to an entity that has the ity through review and application processes to administer the Presidential Volunteers Service Award to volunteers. It ensures that all the volunteers meet all the qualities needed to achieve the presidential award. One of the certifying organizations in the United States is the National Academy of Sports Medicine (NASM). These organizations use different certification to approve their clients. The various exams available prepare the clients differently. Some of the certifications available include the Fitness-Instructor Certification, Personal Fitness Certification and Fitness-Trainer Certification (Schenck & American Academy of Orthopaedic Surgeons, 2009).
Examinations for different certification depend on some factors that must be met. For instance, the organization requires a 4-year college degree. However, for some certifications, this is not usually necessary. NASM and Ace offer some of the easiest certifications that would administer clients without the college degree. The most needed requirement is the possession of skills and the show of mastery in the covered material. Finally, there are monetary costs to be incurred in any certification program.
When an individual seeks to attain the Personal Fitness Certification, she or he is shaped to work with the end consumers of the fitness products or exercises directly. They involve in training personal clients. On the other side, Fitness-Instructor certification exams prepare on to work as an instructor, which could be to a class or a team in the matters of fitness. Fitness-Trainer Certification prepares the partaker to work as a trainer of professionals who later attend to end consumers.
Circuit training is a resistance training or body conditioning that lakes use of high intensity aerobics. It entails strength building through muscular endurance. One embarks on the next circuit once the first circuit is complete. HIIT, which is the abbreviated High Intensity Interval Training. It is a cardiovascular exercise and its sessions range from 4 to 30 minutes (Schenck & American Academy of Orthopaedic Surgeons, 2009).
Reference
Schenck, R. C., & American Academy of Orthopaedic Surgeons (2009). Athletic training and sports medicine. Rosemont, IL: American Academy of Orthopaedic Surgeons.