



NSCA™

Personal Trainer Advanced Recognition

Evaluation Form

CRITERIA	VALUE OF ITEM	POINTS AWARDED
General Information & Involvement		
Current NSCA Membership (Required)	Verified	
Current NSCA-CPT (Required)	Verified	
Current CPR/AED Certification (Required)	Verified	
NSCA-CPT, *D	Verified	
Bachelor's Degree (Required)	Verified	
Currently employed/self-employed as a Personal Trainer (Required: must average a minimum of 20 hrs/week.)	Verified	
Two letters of recommendation from NSCA colleagues holding current NSCA-CPT certification and NSCA membership	Verified	
50+ points scored during the previous reporting period (Required)	Verified	
Advanced Degree (Master's or Doctorate)	5 pts ea. x _____ =	
Current CSCS Certified	5 pts	
NSCA Personal Trainer of the Year	5 pt/yr x _____ yrs =	
Years of Service as a Personal Trainer (after 4 years)(10pts max)	1 pt/yr x _____ yrs =	
Subtotal =		

NSCA Involvement		
NSCA Committee Involvement	5 pts/Comm. x _____ =	
Personal Trainer SIG Executive Council — Chair	5 pts/yr x _____ yrs =	
Personal Trainer Executive Council Member	4 pts/yr x _____ yrs =	
Hosted NSCA Exam (15pts max)	5 pts ea. x _____ =	
Attended NSCA National Conference	3 pts ea. x _____ =	
State/Provincial or Regional Director	5 pts/yr x _____ =	
Subtotal =		

Publications / Research		
Publication — <i>SCJ</i> and <i>JSCR</i>	5 pts ea. x _____ =	
Publication — <i>Performance Training Journal</i> , <i>TSAC Report</i> , <i>Hot Topics</i>	3 pts ea. x _____ =	
Publication — <i>Non-NSCA peer reviewed journals (5pts max)</i>	1 pts ea. x _____ =	
Subtotal =		

Presentations		
National Presentations (NSCA National Conference, Sport-Specific Training Conference, Personal Trainers Conference)	5 pts ea. x _____ =	
NSCA Regional/State Clinic Presentations	3 pts ea. x _____ =	
Presentations for other professional organizations where NSCA credentials are included in the title and/or speaker biography (5pts max)	1 pt ea. x _____ =	
Subtotal =		

Application must be submitted online at...

<https://www.nasca-lift.org/secure/education/nscaptar.asp>

TOTAL =