

## Certifications Complementing Applied Health Sciences

*The ASAP staff have compiled a list of certifications and information to compliment your degree and experience. This list is not meant to endorse any particular program or exclude programs. Should you find additional resources, please explore them and share them with us so we can continue expanding this working list.*

*- Sincerely, ASAP STAFF*

### **First Aid**

#### *American Red Cross (ARC)*

- Skills: How to respond to common first aid emergencies like burns; cuts; head, neck & back injuries.
- Preparation/Description: Course completion ranging from 2-5 hours depending on course option
- Cost: Range from \$75-\$110 depending on chosen course
- Website: <https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-certification>

#### *American Heart Association (AHA) – Heartsaver First Aid*

- Course Options:
  - Blended course – combines the flexibility of online training with in person skills practice & testing
  - Classroom course – 100% student interaction with an AHA instructor
- Student Materials: 90-1026 Heartsaver First Aid CPR AED Student Workbook with \*Heartsaver First Aid Quick Reference Guide, Heartsaver CPR AED Adult Reminder Card and Heartsaver CPR AED Child & Infant Reminder Card
- Website: [http://cpr.heart.org/AHA/ECC/CPRAndECC/Training/HeartsaverCourses/HeartsaverFirstAid/UCM\\_476846\\_Heartsaver-First-Aid.jsp](http://cpr.heart.org/AHA/ECC/CPRAndECC/Training/HeartsaverCourses/HeartsaverFirstAid/UCM_476846_Heartsaver-First-Aid.jsp)

### **CPR/AED**

#### *American Heart Association (AHA)*

- Course Description: A classroom, video-based, instructor-led course that teaches CPR/AED and relieving choking on adults using a research proved Practice-While-Watching (PWW) technique. There are optional modules & an optional written test.
- Student Materials: 90-1044 Heartsaver CPR/AED Student Workbook with Adult & Child/Infant Reminder Cards
- Cost: \$46 – CPR/AED & \$60 CPR/AED/First Aid.
- Website: <https://cpr.heart.org/en/find-a-course>

### *American Red Cross (ARC)*

- Skills: How to respond to cardiac & breathing emergencies in adults (with the use of automated external defibrillators (AED))
- Preparation/Description: Course completion ranging from 2-5 hours depending on course option
- Cost: Range from \$90-\$110 depending on chosen course
- Website: <https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-certification>

### **Basic Life Support (BLS)**

#### *American Heart Association (AHA)*

- Skills: Learn how to properly aid with adult, child, & infant rescue breathing, bag-mask use, & CPR/AED.
- Course Options: The AHA offers two different online BLS courses to accommodate different learning styles – BLS for Healthcare Providers Online Part 1 or Heartcode BLS Part 1.
- Cost: BLS for Healthcare Providers Online Part 1 - \$22 or Heartcode BLS Part 1 - \$28.50.
- Website: <https://cpr.heart.org/en/courses/basic-life-support-course-options>

### **Lifeguarding**

#### *American Red Cross (ARC)*

- Skills: Knowledge & skills to prevent, recognize, & respond to aquatic emergencies. Certified participants will also be capable to provide care for breathing & cardiac emergencies, injuries, & sudden illnesses until EMS personnel arrive.
- Prerequisites:
  - Minimum age: 15 years old
  - Swim 300 yards continuously
  - Tread water for 2 minutes using only legs
  - Complete a timed event within 1 minute, 40 seconds
  - Starting in water, swim 20 yards
  - Surface dive to depth of 7-10 feet to retrieve a 10-pound object – Return to surface & swim 20 yards on the back to return to starting point
  - Exit water without use of a ladder or steps\
- Cost: \$250.00-\$300.00
- Website: <https://www.redcross.org/take-a-class/search?cgid=lifeguarding&zip=chicago%2C+il&latitude=41.8781136&longitude=-87.62979819999998&zipcode=&searchtype=class>
- **This is offered at UIC Campus Recreation:**  
<https://recreation.uic.edu/programs/aquatics/safety-classes/lifeguard-certification-class/>

### **Certified Strength and Conditioning Specialist (CSCS)**

#### *The National Strength & Conditioning Association (NSCA)*

- Skills: Applying scientific knowledge to train athletes with the main goal of improving athletic performance
- Required: Conduct sport-specific testing, design safe and effective programs, and provide guidance for nutrition and injury prevention

- Prerequisites: Candidates must hold...
  - A bachelor's degree/currently be enrolled as college senior from accredited institution
  - An official transcript of academic work
  - Current CPR & AED certification & supply a copy of current CPR/AED certification card
- Preparation/Description: Candidates are required to pass a challenging 2-part written examination comprising of...
  1. Scientific Foundations (80 scored + 15 non-scored multiple choice)
  2. Practical/Applied (110 scored + 15 non-scored multiple choice)
- Cost: Registration Fee – Member rate\* \$340 & Non-member rate \$475
- Website: [http://www.nasca.com/CSCS\\_Certification\\_2/](http://www.nasca.com/CSCS_Certification_2/)
- ASAP RESOURCES AVAILABLE: *ACSM's Foundations of Strength Training & Conditioning*

## **Certified Personal Trainer (CPT)**

*American Council on Exercise (ACE)*

- Skills: Apply knowledge, skills, and abilities for safe & effective exercise & fitness program design, instruction and assistance for the purpose of reaching personal health & fitness goals
- Required: Depending on the chosen study program
- Prerequisites: Candidates must...
  - Be 18 years or older
  - Hold a high school diploma or the equivalent
  - Be adult CPR/AED certified
- Preparation/Description: Candidate investments...
  - 80-100 hours of study investment of online & physical materials
  - Register for the exam & pass!
- Cost: Plus, package at \$299 or basic package at \$199
- Website: <https://www.acefitness.org/fitness-certifications/personal-trainer-certification/default.aspx>

*American College of Sports Medicine (ACSM)*

- Cost: ACSM Member - \$279, Non-Member - \$349
- Website: <https://www.acsm.org/get-stay-certified/get-certified/health-fitness-certifications/personal-trainer>
- ASAP RESOURCES AVAILABLE: *ACSM's Certification Review*

*National Academy of Sports Medicine (NASM)*

- Cost: \$482-\$1379 dependent on package
- Website: <http://www.nasm.org/how-to-become-a-personal-trainer>
- ASAP RESOURCES AVAILABLE: *NASM Essentials of Personal Fitness Training*

### *National Strength & Conditioning Association (NSCA)*

- **Skills:** Learn how to approach, assess, motivate, educate, & train clients regarding personal health & fitness needs.
- **Prerequisites:** 18 years old & high school diploma or equivalent + CRP/AED Certification
- **Format:** NSCA English language exam administered by Pearson VUE consisting of 4 sections:
  1. Client Consultation/Fitness Assessment
  2. Program Planning
  3. Exercise Techniques
  4. Safety/Emergency Issues
- **Cost:** Member rate - \$300 & Non-member Rate - \$435.
- **Website:** <https://www.nasca.com/Certification/CPT/>

### **Group Fitness Instructor (GFI)**

#### *Aerobics & Fitness Association of America (AFAA)*

- **Skills:** Get the tools, training & knowledge to help you lead people to healthier, happier lives.
- **Key Topics:**
  1. The Human Body & Exercise Physiology
  2. How to design, choreograph, & teach a class
  3. The basics of nutrition & weight management
  4. Professional responsibilities & business strategies
- **Format/Earnings:** 14 online video lectures, downloadable study guide, sample multiple-choice test questions, online exam, one-year AFAA membership, ADAA Group Ex certification & I.D. card.
- **Cost:** Self-study \$299, Premium self-study \$299, and all-inclusive \$399
- **Website:** <http://www.afaa.com/courses/group-ex>

#### *American Council on Exercise (ACE)*

- **Skills:** Responsible for leading multiple group fitness classes that range in variety & levels from yoga to hip hop.
- **Preparation/Description:** Candidates should...
  - Decide their direction of teaching & interest of zumba/yoga/dance/jazz/kickboxing etc.
  - Retrieve materials for exam preparation
- **Cost:** \$300 - \$500 depending on package
- **Website:** <https://www.acefitness.org/fitness-certifications/group-fitness-certification/>
- **ASAP RESOURCES AVAILABLE:**
  - *IDEA Health & Fitness Association – The Group Fitness Instructor's Handbook*
  - *ACE Group Fitness Instructor Manual*

## Emergency Medical Services (EMS) – Dependent on national or state

*National Registry of Emergency Medical Technicians (NREMT)*

- Skills: Topics including preparatory, airway, OB, infants, children, patient assessment, medical/behavioral, trauma, & elective courses for education.
- Requirements: Applicants must meet the following requirements:
  - 18 years of age or older
  - Successful completion of a state-approved EMT course that meets or exceeds the National Emergency Medical Services Education Standards for EMT standards
  - Successful completion of state-approved EMT psychomotor/cognitive exam
- For national certification: [https://www.nremt.org/nremt/about/reg\\_basic\\_history.asp](https://www.nremt.org/nremt/about/reg_basic_history.asp)

## Certified Nursing Assistant (CNA)

- Skills: Provide basic care to patients & assist them in daily activities they might have trouble with on their own.
- Requirements/Preparation: Dependent on state - CNA's in Illinois must meet one or more of the following requirements...
  - Pass a written competency test
  - Successfully completed a nursing arts course
  - Provide written verification that individual has completed fundamentals of nursing & at least 40 hours of supervised clinical experience in an accredited nurse training program
  - Have successfully completed a U.S. military training program including a nurse aide training program
  - & many more!
- Website: <https://www.registerednursing.org/certified-nursing-assistant/programs/illinois/>

## Certified Health Coach (CHC)

*National Society of Health Coaches (NSHC)*

- Skills: Assist clients find new ways to inspire healthier habits while working closely with them & their employees in promoting wellness. They help people realize their personal best & aid with forming a relationship with clients by providing support, encouragement, & education.
- Required/Preparation: Credential is granted to candidates who...
  - Pass the NSHC timed Certification Exam & Skill Competency
  - Other testing, sessions, & continuing education dependent upon area & certification
- Website: <http://www.nshcoa.com/certification>

## Cancer Exercise Specialist (CES)

American College of Sports Medicine (ACSM)

- Skills: Become a fitness professional who utilizes a well-rounded understanding of cancer to develop exercise programs for survivors. Empower cancer survivors to display their inner strength by improving physical fitness.
- Study Options Available: Exam content outline, textbook (\$64), workshops, webinars, & other free resources
- Exam Costs: ACSM Certified Pros Discount - \$150, Regular Exam Cost - \$195, Re-Test - \$125
- Website: <http://certification.acsm.org/acsm-cancer-exercise-trainer>

## Certified Exercise Physiologist (EP-C)

American College of Sports Medicine (ACSM)

- Skills: Motivate clients with a prescription for health by conducting/interpreting physical fitness assessments & developing exercise prescriptions for people who are healthy or have medically controlled diseases.
- Study Options Available: Exam content outline, prepU quiz platform, textbooks \$47-\$77, workshops, & webinars
- Exam Costs: ACSM Member Candidates - \$219, ACSM Non-Member Candidates - \$279, Re-Test - \$150
- Website: <https://www.acsm.org/get-stay-certified/get-certified/cep>

## Qualified Intellectual Disabilities Professional (QIDP)

(Formerly known as Qualified Mental Retardation Professional)

The National Association of QDDP's

- Skills: A psychologist, social worker, or human services professional with specific higher education accomplishments and experiences to work with disabled individuals.
- Qualifications: A bachelor's degree in a human service related field and at least one year of experience working directly with individuals with intellectual or developmental disabilities. Qualifications are subject to state-by-state interpretation and come from the Federal ICF/IID regulations.
- Certification: Varies from state to state. Contact state department that handles matters of human resources for more information.
- Website: <https://www.qddp.org/about-the-program>

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**For additional certifications visit:** <http://www.idealife.com/fitness-certifications>  
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## Nutrition Interest Options

UIC offers both a major and a minor in nutrition. Students interested in becoming registered dietitians should pursue a major through either the Nutrition Science or the BS or MS Coordinated Programs.

A registered dietitian is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential “RDN,” as determined by the Academy of Nutrition and Dietetics (AND). This credential and subsequent state licensure allows individuals to provide nutrition evaluations and recommendations.

Be mindful that any nutritional certifications available may be personally useful for you but are not accredited; be wary of sources of information that tell you otherwise. Anyone may provide general nutritional information but to provide one-on-one counseling or diets requires proper certification from the **Accreditation Council for Education in Nutrition & Dietetics (ACEND)**.

Website: <https://www.eatrightpro.org/acend>

The minor in nutrition is for students who desire to expand their nutrition education. For kinesiology majors, this option meets the growing need for health professionals that are well versed in the two critical facets of health & wellness – physical activity & nutrition. A minor will be of assistance when providing nutrition information.

Skills:

- Principles of good nutrition & food preparation
- Food to be included in the normal daily diet
- Essential nutrients needed by the body
- Actions of nutrients on the body
- Effects of deficiencies or excesses of nutrients
- Food & supplements that are good sources of essential nutrients

Requirements:

- UIC overall GPA >2.5
- Successful completion of the following courses: HN 196, HN 200, HN 110, HN 296, HN 307, HN 311 and either HN 300 **OR** HN 202/HN 203

**Mental Health First Aid:**

*National Council for Behavioral Health*

- Skills: This training would help you identify, understand, and respond to signs of addictions and mental illness Give you the skills to reach out and provide initial support to someone who may be developing mental health or substance use problem.
- Course duration: 8 hours course with certified instructors
- Cost: \$0.00
- Website: <https://www.mentalhealthfirstaid.org/take-a-course/>