

How to Become an ESA Certified Fitness Professional



Take Two Steps

1) Prepare for the certification examination by completing a training program.

Attend an on-site training program offered by an ESA STAR America trainer or order a home study training course from the Exercise Safety Association or the STAR America trainer.

2) Complete the ESA Certification Examination.

The ESA certification examination and administrative testing fee are included in the training program material fee; however, the examination is processed by the Exercise Safety Association independent of the trainer and training program. After the training, instructor candidates complete and return the examination to the Exercise Safety Association.

ESA currently offers certification in the following disciplines:

PAK100 - Primary Certification: SAFE Group Exercise Leader

PAK101 - Safe Step Instructor

PAK102 - CPR Review

PAK103 - Master Fitness Choreographer

PAK104 - Personal Trainer

PAK200 - Nutrition Specialist

PAK201 - Lateral Slide Instructor

PAK206 - Integrated Fitness Counselor

PAK214 - Pilates, Core Mat Instructor

PAK215 - Yoga Fitness Leader

PAK216 - Kickboxing Fitness Leader

PAK222 - Aquatic Fitness Leader

PAK100/104 - SAFE Primary Group Leader & Personal Trainer (2 in 1)

STAR Advanced Proficiency Certification is awarded to instructors who complete a minimum of three ESA certifications.