

About Us

IFA began certification seminars back in 1995 in Orlando, Florida to provide a category of Aerobics & Personal Trainers with the basic academic credentials necessary to instruct and guide the general population in health and fitness.

The first website was put in place in 1995 which included our Fitness Training Manual. We added other fitness information that year. In 1998, we moved to our own domain name and put testing and web based certification in place. Hits per month began to climb at an astonishing pace. Currently we receive over

300,000 hits per month between two sites with a continuing climb. In July 1999, we began multimedia training.



Kickboxing Aerobics

We now have in place a 16 minute video of a Kickboxing Aerobics class using the streaming video concept. We also have a Step class segment and a CPR

refresher video. In the near future, we will be expanding that concept to include two half-hour classes, a Kickboxing Aerobics class and a Kickboxing Combo Step Class. We will be further expanding the multimedia concept to include training seminars. All this will always be provided free of charge.

We now have instructors in over 80 countries around the world and growing. We are both Nationally and Internationally recognized. Our goal is to provide basic fitness knowledge and the latest teaching philosophy to all.

Our course is a three point comprehensive syllabus aimed at Nutrition, Weight Training and Aerobics.



International Fitness Association
12472 Lake Underhill Rd. #341, Orlando, FL 32828



**Leaders in
Fitness Training**

**Internationally
Recognized**

**Web-based
Training**

**International Fitness
Association**

Phone: +1-800-227-1976

<http://www.ifafitness.com>

World Wide Membership

IFA offers Internet-based training for multiple certification programs. Aerobics and Personal Trainer which includes Step; Kickboxing and Personal Training, Sports Nutrition, Senior Fitness; designed to train older individuals, and Aqua Fitness.

IFA's **free** Fitness Training Manual can be downloaded from our website. Take either Certification test **free** online, grades are returned immediately.



Aerobics

For each program, once you pass the test, you have the option of receiving an IFA Certification. We offer two options for your certification, you may purchase a **certification card** or you may purchase a **certification card and certificate**. The certification fee is payable at IFA's secure website by credit

card. You may also pay by mailing in a check or money order. Once your account has been activated through payment, you can print out a personalized certificate suitable for framing directly from IFA's website. Re-certification at the end of the 2 year period is simple, read the manual, re-take the test and then pay the certification fee. IFA doesn't require or accept CEU's for re-certification.

A general acceptance in the fitness industry is that once certified by any certification authority the certificate holder is fully qualified to teach, this is a misconception. A certificate provided by us or any of our associate organizations demonstrates theoretical and academic proficiency only.

The true qualifications of an instructor should be determined by the aerobics coordinator of the facility. Only that person can make a qualitative assessment of an instructor, i.e. teaching ability, personality, choreographic aptitude, and even fitness level, which cannot be measured in a written test or in a one-minute choreographic demo.

Our Aerobics and Personal Trainer program is designed to provide the basic knowledge that we feel an Aerobics Instructor and Personal Trainer should have. Many instructors are asked very technical questions about fitness. This kind of knowledge places them in a category very similar to personal trainers and, they should be expected to know more than music and counts of eight. In essence, an aerobics instructor, by our definition, should be all that a personal trainer is and more.



Weight Training

As with any certification, degree or diploma, the real learning process comes in teaching and working with an experienced instructor.

IFA Certification doesn't require proof of a CPR certification. However, it should be required by the hiring authority that can properly monitor a CPR certification.



Nutrition

We believe that the learning process should be self-motivated and continuous. Educational sources are numerous, books, health magazines, the internet, television, and formal university courses or classes.

The download of IFA's Fitness Training Manual is free and available for everyone. IFA's Certification tests can also be taken online and graded immediately. If you need to, go over the area of study that you missed and take the test again. There's no charge to retake the test. Everything on the site is free to all and is constantly evolving.

Chuck Krautblatt, CEO, IFA

Visit the **IFA** Website at:

<http://www.ifafitness.com>

- Free Services -

- Fitness Training Manual
- Aerobic & Personal Trainer Certification Test
- Sports Nutrition Certification Test
- Senior Fitness Certification Test
- Aqua Fitness Certification Test
- Streaming Instructional Videos
- Automated Cyber Trainer
- Master Instructor Certification Program
- World-wide Gym Database
- Free Database Listing for Gyms
- Sports Specific Exercises
- Aerobic Moves Library
- Kickboxing Moves Library
- Weight Training Reference
- Complete Stretching Reference
- Fitness Calculators
- Post A Job Message Board
- General Message Board
- Fitness Related Links



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