



# ACSM/NCHPAD CERTIFIED INCLUSIVE FITNESS TRAINER (CIFT) CERTIFICATION

## CIFT CERTIFICATION OVERVIEW

Since 2016, the New York State YMCA Foundation, Inc. and the New York State Disability and Health Program have partnered to certify more than 160 YMCA health and wellness staff from 11 YMCA Associations across New York State as CIFTs.

Designed by the National Center on Health, Physical Activity and Disability (NCHPAD), and the American College of Sports Medicine (ACSM), the CIFT certification provides health and wellness professionals with the knowledge and skills to uniquely assess, develop, and implement individualized exercise programming for people with any physical, sensory, or cognitive disability.

## SHAPING TOMORROW

Certifying health and wellness staff as CIFTs in community and public health settings ensures improved access to physical activity for all people, regardless of their individual ability levels.

Partnerships like that between the YMCA and the New York State Disability and Health Program, increase reach to more underserved populations across the state and help people achieve healthier lives.

## WHAT DO CIFT CANDIDATES LEARN?

In addition to general knowledge of exercise physiology, exercise testing, and programming, CIFT candidates also learn:

- Inclusive facility design
- Awareness of social inclusion for people with disabilities
- Americans with Disabilities Act (ADA)
- Appropriate adaptations to exercise
- Precautions and contradictions to exercise related to disability
- Motivational techniques
- Appropriate instruction for individuals with disabilities to begin and continue healthy lifestyles

## FIND A CERTIFIED TRAINER NEAR YOU!

- Auburn YMCA – WEIU
- Capital District YMCA
- Family YMCA at Tarrytown\*
- Oneonta Family YMCA\*
- Rockland County YMCA
- Rye YMCA
- Saratoga Regional YMCA\*
- Watertown Family YMCA
- YMCA Buffalo Niagara
- YMCA of the Glens Falls Area\*
- YMCA of Greater New York
- YMCA of Greater Rochester
- YMCA of Greater Syracuse
- YMCA of Ithaca & Tompkins County\*
- YMCA of Long Island
- Yonkers YMCA



**AMERICAN COLLEGE  
of SPORTS MEDICINE**  
LEADING THE WAY







# MAKING A DIFFERENCE

**Justin Kelsey is a National Council for Certified Personal Trainers (NCCPT) Certified Personal Trainer** and the Health and Wellness Director at the YMCA of Greater Rochester's Northwest YMCA branch. Through this partnership, Justin earned his ACSM/NCHPAD CIFT certification in 2017.

Justin's interest in pursuing the CIFT certification was initially sparked by interactions with members of the YMCA with developmental disabilities, who use a wheelchair, or other assistive device. "I saw a need in our membership community and was hoping to make an impact and provide additional [physical activity] options for all." Receiving the CIFT certification has enabled YMCA staff statewide to empower individuals with different abilities to achieve their personal fitness goals.

Justin reflected on a recent bright spot with a sixteen-year-old YMCA member:

*"My favorite CIFT success story stems from a young man (age 16) that I have been training using my CIFT certification for almost two years. In the early stages of our training together, I was having a hard time accurately communicating some of the nuances of proper exercise to him, such as pace and breathing. After a few rather difficult sessions, I sat down with the young man's mother, as well as my CIFT textbook, to look at alternative options that might help him better understand what I was attempting to explain.*

*After our meeting and some further research, I settled on a plan. I increased my use of simple cues saying things like "slow like a turtle" when performing the eccentric phase of a bicep curl. I discovered that he was excellent at mirroring. Therefore, I spent far less time trying to correct his form verbally and would stop him and demonstrate again and again until the motion was fluid.*

*Perhaps the most unique thing that we did together was develop a personal flipbook with our exercises and their names to help him associate pictures with names and movements. A portion of the flipbook counted down reps and sets so he knew each exercise's goal and how many more he had left to perform. This worked phenomenally!*

*After months of using the flipbook, we attempted a training session without it. The change was amazing. Even without the flipbook, this young man had processed and programmed the order, name, and how to do the exercises. Both his mother and I were blown away! He continues to amaze me as he grows up and learns more about exercise, and I am extremely thankful for all that I have learned along the way. Without having earned my CIFT certification, my knowledge of how to approach this young man and his exercise goals would have been extremely limited."*

