

Become a Posture Specialist Through the National Posture Institute!

The National Posture Institute (NPI) is an educational and member-driven organization, providing educational programs, business support services, public outreach and professional certificate programs for allied health/medical/fitness professionals as well as the posture education programs for the general public. Currently NPI provides the following online educational programs for posture and body alignment/correction:

Online Certified Posture Specialist™ (CPS™) Certificate Program

The online open enrollment Certified Posture Specialist (CPS) certificate program has been designed to prepare personal trainers and health/medical/fitness professionals to assess and educate their clients/patients in all areas of posture and body alignment. The CPS certificate program is taught in a module format and includes information on posture and body alignment; anatomy and kinesiology; posture analysis/evaluation and exercise program design. Also included is a final certificate exam required to graduate. Students have the option to choose between a self-paced, online certificate program that is non-instructor facilitated and a self-paced online program that is instructor-facilitated. Students are allowed 3 months of unlimited access to complete either program and may register to start the programs at anytime.

Five Module Certificate Structure:

Module 1: Introduction to Posture and Body Alignment

Module 2: Anatomy, Kinesiology, and Physiology

Module 3: Posture Analysis, Assessment, and Evaluation

Module 4: Exercise Program Design

Module 5: Business Concepts, Client Education, and Management

Program Objectives:

The programs will describe, demonstrate, teach, and analyze exercise movements and client's posture in an easy to follow sequential order. By participating in the program students will:

- Learn how to implement the NPI posture assessment program into a facility or organizations current health and exercise assessment program
- Understand how poor posture and body alignment develop and how this condition can increase the chances of postural dysfunction, back pain, and risk of injury
- Learn about the exercise sciences such as anatomy, kinesiology and exercise physiology
- Learn program details of performing postural assessments using a Posture and Body Alignment Grid
- Learn methods to correct alignment, reverse patterns, improve posture, relieve back pain and train people through cognitive methods via the NPI's Four Points of Posture™ Program and exercise movements

Format of Online Program:

- This is a self-paced, online distance education certificate that is a non-instructor facilitated program
- The Online Certificate program can be completed in the convenience of your own home, office, or classroom
- You have three (3) months of unlimited individual access to complete the certificate course, quizzes, and pass (pass rate required: 70%) the final certificate exam to graduate
- Online module quizzes and final certificate exam are automatically graded for immediate results
- Graduates will receive a certificate via email upon successfully completing the program and passing the final certificate exam
- No prerequisites are required, but it is recommended that you have a personal training certification or are a graduate/current student with a degree in exercise science, fitness, athletic training, physical therapy, or other related allied health/medical field
- Access courses from any Web browser
- Allows you to progress at your own pace through the online format

Registration:

The program is offered in two formats: an instructor led format that is \$599 and a non-instructor led format that is \$399. Once registered, students are allowed 3 months of unlimited access. With this being a certification, there are additional fees that may apply. If, for example, someone fails the final exam and needs to re-take it they may be charged a re-take fee. All of this type of information will be provided to the student by EFS once registration is completed.