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National Posture Institute (NPI)

Career Track Development Plan™

to Become an

NPI Certified Professional



Current Health/Medical Professionals

- Physical Therapists/Physiotherapists
- Athletic Trainers
- Exercise Physiologists
- Chiropractors
- Kinesiotherapists
- Occupational Therapists
- Massage Therapists

Current Fitness Professionals

- Personal Trainers
- Group Exercise Instructors
- Sports Performance Specialists
- Pilates Instructors
- Yoga/Tai Chi Instructors
- Specialty Programs (TRX, Kettle Bells, Cross Fit, Boot Camp, P90X, etc...)

Not a Current Fitness or Health Professional Getting Started!!!

- NPI's Certificate in Personal Fitness Training (optional internship)
- NPI's Advanced Certificate in Personal Fitness Training (optional internship)
- Receive a College Certificate in Personal Training from an NPI Partnered College/University to enhance your credentials

NPI's Certified Posture Specialist™ Program- 3 program options

- NPI's Certified Posture Specialist™ (Instructor Led)
- NPI's Certified Posture Specialist™ (Non-Instructor Led)
- Receive a College Certificate as a Certified Posture Specialist™ from an NPI Partnered College/University to enhance your credentials

National Posture Institute Certificate Specialization Programs

NPI's Certified Resistance Training Professional™

NPI's Certified Ergonomic and Health Specialist™

NPI's Certified Goniometry Specialist™

NPI's Certified Nutrition Certificate Programs (4)

- Functional Nutrition™
- Sports Nutrition and Performance™
- Family Nutrition™
- School Nutrition and Wellness™

NPI's Certified Older Adult Personal Training & Group Exercise Training™ Certificate Program

NPI's Certified Fitness Business Management™ Certificate Program