

**HOUSE . . . . . No. 01005**

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The Commonwealth of Massachusetts

PRESENTED BY:

***Robert F. Fennell***

*To the Honorable Senate and House of Representatives of the Commonwealth of Massachusetts in General Court assembled:*

The undersigned legislators and/or citizens respectfully petition for the passage of the accompanying bill:

An Act to encourage well qualified practitioners in the field of personal training.

PETITION OF:

NAME:

DISTRICT/ADDRESS:

*Robert F. Fennell*

*10th Essex*

*Paul Brodeur*

*32nd Middlesex*

# HOUSE . . . . . No. 01005

By Mr. Robert F. Fennell of Lynn, petition (accompanied by bill, House, No. 01005) of Paul Brodeur and Robert F. Fennell relative to practitioners in the field of personal training. Joint Committee on Consumer Protection and Professional Licensure.

## The Commonwealth of Massachusetts

In the Year Two Thousand Eleven

An Act to encourage well qualified practitioners in the field of personal training.

*Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:*

1 SECTION 1. Section 23A of chapter 112 of the General Laws is hereby amended by inserting  
2 the following:

3 Section 23A. The following words as used in sections twenty-three A to twenty-three P,  
4 inclusive, unless the context otherwise requires, shall have the following meanings:

5 “Fitness facility” means a health club, health spa, fitness center, wellness center, or private  
6 personal training studio. A fitness facility shall include entities that operate either for-profit or  
7 not-for-profit.

8 “Group exercise instructor” means an individual who instructs more than one person at one time,  
9 with or without equipment, in exercises designed to improve cardiovascular conditioning,  
10 muscular strength, flexibility and weight loss in classes that include, but are not limited to,

11 martial arts, Pilates, yoga, kickboxing, boot camp, spinning and any other group class that is  
12 taught at a fitness facility.

13 “Personal trainer” means a person who develops a personal exercise plan or program for an  
14 individual; and demonstrates, with or without equipment, exercises designed to improve  
15 cardiovascular condition muscular strength, flexibility and/or weight loss.

16 SECTION 2. Said chapter 112 is hereby amended by inserting after section 23F the following  
17 section:

18 Section 23F ½. It shall be required in order for a person to hold himself or herself out as a  
19 personal trainer, to (a) be certified as a personal trainer or its equivalent by national independent  
20 organization whose certification procedures for personal trainers have been approved by the  
21 National Commission for Certifying Agencies (NCCA); or

22 (b) possess a credential or certification in either the field of personal training, exercise science, or  
23 similarly related field, from an educational institution accredited by an accrediting body  
24 recognized by either the Council for Higher Education Accreditation or by the United States  
25 Department of Education.

26 Exemptions. The certification requirements set forth in section 23F 1/2 shall not apply to the  
27 following:

28 (i) Group exercise instructors;

29 Effective Date.

30 (a) The requirements of this act shall take effect three (3) years following enactment.

31 (b) For individuals who have practiced as personal trainers directly through or on behalf of  
32 fitness facilities for a period of three consecutive years; the requirements of this act shall take  
33 effect five (5) years following enactment.