



National Academy of Sports Medicine

Code of Professional Conduct

The following code of conduct is designed to assist certified members of the National Academy of Sports Medicine Board of Certification (NASM BOC) to maintain (both as individuals and within an industry) the highest levels of professional and ethical conduct. This Code of Professional Conduct reflects the level of commitment and integrity necessary to ensure that all NASM BOC certified members provide the highest level of service and respect for all colleagues, allied professionals and the general public.

Professionalism

Each certified member must provide optimal professional service and demonstrate excellent client care in their practice. Each member must:

1. Abide fully by the NASM BOC Code of Professional Conduct
2. Conduct themselves in a manner that merits the respect of the public, other colleagues and NASM
3. Treat each colleague and client with the utmost respect and dignity
4. Not make false or derogatory assumptions concerning the practices of colleagues, and clients.
5. Use appropriate professional communication in all verbal, non-verbal, and written transactions
6. Provide and maintain an environment that ensures client safety that, at minimum, requires that the certified and non-certified member must:
 - a. Not diagnose or treat illness or injury unless for basic first aid or if the certified member is legally licensed to do so and is working in that capacity at that time
 - b. Not train clients with a diagnosed health condition unless the certified member has been specifically trained to do so, is following procedures prescribed and supervised by a valid licensed medical professional, or if the certified or non-certified member is legally licensed to do so and is working in that capacity at that time
 - c. Not begin to train a client prior to receiving and reviewing a current health-history questionnaire signed by the client

- d. Hold a current cardio pulmonary resuscitation (CPR) and automated external defibrillator (AED) certification at all times
7. Refer the client to the appropriate medical practitioner when, at minimum, the certified member:
 - a. Becomes aware of any change in the client's health status or medication
 - b. Becomes aware of an undiagnosed illness, injury, or risk factor
 - c. Becomes aware of any unusual client pain and/or discomfort during the course of the training session that warrants professional care after the session has been discontinued and assessed
8. Refer the client to other healthcare professionals when nutritional and supplemental advice is requested unless the certified member has been specifically trained to do so or holds a credential to do so and is acting in that capacity at the time
9. Maintain a level of personal hygiene appropriate for a health and fitness setting
10. Wear clothing that is clean, modest, and professional
11. Remain in good standing and maintain current certification status by acquiring all necessary continuing education requirements.

Confidentiality

Each certified professional must respect the confidentiality of all client information. In his/her professional role, the certified professional must:

1. Protect the client's confidentiality in conversations, advertisement and any other arena unless otherwise agreed upon by the client in writing or due to medical and/or legal necessity
2. Protect the interest of clients who are minors by law or unable to give voluntary consent by securing the legal permission of the appropriate third party or guardian
3. Store and dispose of client records in secure manner

Legal and Ethical

Each certified member must comply with all legal requirements within the applicable jurisdiction. In his/her professional role, the certified or non-certified member must:

1. Obey all local, state, federal, and providence laws.
2. Accept complete responsibility for his/her actions.
3. Maintain accurate and truthful records.
4. Respect and uphold all existing publishing and copyright laws.

Not be convicted of, plead guilty to, or plead nolo contendere (no contest) to a felony. Not be convicted of, plead guilty to, or plead nolo contendere (no contest) to a misdemeanor. Misdemeanors may be appealed to the NASM BOC by the candidate.

Business Practice

Each certified member must practice with honesty, integrity, and lawfulness. In his/her professional role, the certified professional must:

1. Maintain adequate liability insurance
2. Maintain adequate and truthful progress notes for each client
3. Accurately and truthfully inform the public of services rendered
4. Honestly and truthfully represent all professional qualifications and affiliations
5. Advertise in a manner that is honest, dignified, and representative of services that can be delivered without the use of provocative and/or sexual language and/or pictures
6. Maintain accurate financial, contract, appointment, and tax records including original receipts for a minimum of four years.
7. Comply with all local, state, federal, and providence laws regarding sexual harassment.



The NASM BOC expects each professional to uphold the Code of Professional Conduct in its entirety. Failure to comply with the NASM BOC Code of Professional Conduct may result in disciplinary actions including but not limited to suspension or termination of membership and/or certification. All members are obligated to report any unethical behavior or violation of the Code of Professional Conduct by other certified NASM BOC professionals.

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