Click to prove you're human

Individual who provides others with fitness training and instruction Not to be confused with physical therapy, athletic trainer, or strength and conditioning coach. A personal trainer demonstrating use of a Bosu ball. A personal trainer is an individual who creates and delivers safe and effective exercise programs for healthy individuals and groups, or those with medical clearance to exercise. They motivate clients by collaborating to set goals, providing meaningful feedback, and by being a reliable source for accountability.[clarification needed] Trainers also conduct a variety of assessments beginning with a preparticipation health-screening and may also include assessments of posture and movement, flexibility, balance, core function, cardio-respiratory fitness, muscular fitness, body composition, and skill-related parameters (e.g. power, agility, coordination, speed, and reactivity) to observe and gather relevant information needed to develop an effective exercise program and support client goal attainment. These assessments may be performed at the beginning of and after an exercise program to measure client progress toward improved physical fitness. Trainers create exercise programs following a progression model, using the baseline assessment as the starting point of a client's physical abilities and framing the program to fit the individual personally.[1] They also provide education on many other aspects of wellness, including general health and nutrition guidelines. Helping clients to reach their full potential in various aspects of life[dubious – discuss] requires a comprehensive client-centered approach along with a belief that clients are resourceful and capable of change. Qualified personal trainers or certified personal trainers (CPTs) recognize their own areas of expertise. If a trainer suspects that one of their clients has a medical condition that could prevent the client from safe participation in an exercise program, they must refer the client to the proper health professional for medical clearance.[2] Personal trainer assessing a client's goals and needs as they write a fitness program The scope of practice for a personal trainer has a primary focus on prevention and involves enhancing components of health and fitness for the general, healthy population or those cleared for exercise. Proper exercise prescription may result in improved body composition, physical performance, heart condition, and health outcomes.[3] The decision to hire a personal trainer may be related to a perceived health threat, a lack of knowledge, a personal belief in one's ability to begin and adhere to an exercise program, or some sort of psychological effect. Often clients will seek the guidance of a personal trainer for factors related to motivation and adherence. A personal trainer pays close attention to the client's exercise technique, workout routine, goals, values, and nutrition. Personal training in men and women has been shown to improve the benefit-to-concern ratio for exercise (decisional balance), and increase confidence to choose exercise in the face of other time demands (scheduling self-efficacy).[4] Personal training results in higher strength, higher workout intensities, and higher perceived exertion during exercise. Personal trainer working with a client in a fitness center The profession is generally not restricted by the venue, and personal trainers may work in fitness facilities, in their own homes, in client homes, over live video (also called "virtual personal trainers"),[5] or outdoors. Almost all exercise professionals work in physical fitness facilities, health clubs, and fitness centers located in the amusement and recreation industry or in civic and social organizations.[6] Personal training is not regulated in any jurisdiction in the United States except for Washington D.C. which adopted registration requirements for personal fitness trainers in February 2014.[7] Some employers, such as gyms, require personal trainers to be certified. However, this is not always the case and some personal trainers can find work without certification. Overall, personal trainers must possess certain skills, such as a passion for fitness and helping others achieve their goals, industry knowledge, leadership, and the ability to communicate effectively with their clients. Personal trainers may specialize in a certain training type, training philosophy, performance type, exercise modality, or client population. In general, most personal trainers develop exercise plans for aerobic exercise, resistance exercise, and/or flexibility training. With aerobic exercise prescription, personal trainers determine the type of exercise, duration of exercise, and frequency of exercise. For resistance exercise prescription, the type of exercise, total session volume, rest period, frequency, and intensity are determined.[8] Personal trainers may also be involved in the prescription of stretching routines or other approaches. Personal trainers help clients to perform exercises with correct techniques, minimizing the risk of injury. While some discuss nutrition, ergogenic supplementation, and spiritual practices with clients, there is debate within the industry as to whether it fits within their scope of practice and training qualifications.[9] Personal training outdoors Personal trainer accreditation is a process that provides certification of competency. Qualification standards for personal trainers vary between countries. Personal trainer accreditation is also viewed as experience in the field with many client testimonials on their achievements working with their personal trainer. The International Confederation of Registers for Exercise Professionals (ICREPs) is an international partnership between registration bodies around the world that register exercise professionals. Member countries conform to the international standards set by ICREPs for personal training (and other exercise education credentials) and are transferable to other member countries. The current members of ICREPs (as of 2019) are: Fitness Australia, NFLA Canada, REPs India, REPs Ireland, REPs New Zealand, REPs Poland, REPs South Africa, REPs United Arab Emirates, USREPs, and IranREPs. In Australia, personal trainers may work independently with suitable insurance or choose to be a member of a registering body (Fitness Australia or Physical Activity Australia). The qualifications levels include; Level 1 - Certificate III in Fitness, Level 2 - Certificate IV in Fitness and Level 3 - Diploma of Fitness. These can be obtained from nationally accredited colleges (TAFE, Australian College of Sport & Fitness, Fitness Industry Training, Global Fitness Institute, Australian Institute of Fitness, Australian Fitness Academy). Once working in the industry, trainers who are members of associations are also required to complete short courses to obtain continuing education credit (CEC) points they need to keep their registration. A minimum of 20 CEC points every two years is required. Many personal trainers also have additional qualifications in weight loss, strength training, kid's fitness, and nutrition, which is in part due to the CEC program. CEC courses can cover a wide variety of topics such as different training techniques, nutrition, exercise styles, health conditions, physiology, lifestyle, and rehabilitation.[10] Once members obtain their Australian Cert III & IV in Fitness, they can practice nationally. This can be done with this certification and using the Global Portability Matrix.[11] The Global Portability Matrix was designed by ICREPS. This stands for International Confederation of Registers for Exercise Professionals, which allows all members to practice in other countries. Members can train in Belgium, The Netherlands, Hungary, The United Kingdom, Ireland, Lebanon, Poland, The United States, The Caribbean, South Africa, United Arab Emirates, Canada, and New Zealand. In Brazil, personal trainers must have a bachelor's degree in "Physical Education" (a degree that combines knowledge in the fields of Exercise Science and Healthcare science) and be registered with the Conselho Federal de Educação Física (Federal Council of Physical Education), and risk criminal charges if they operate without these two requirements. In Canada, the main certifying bodies are Canadian Fitness Education Services (CFES), Canadian Fitness Professionals (CanFit Pro), Certified Personal Trainers Network, the Canadian Society of Exercise Physiology (CSEP), and the National Fitness Leadership Association (NFLA). CSEP requires a diploma or degree in the exercise field, most other organizations require experience and/or workshops to qualify for a credential.[12][13] Many personal trainers receive a CFES, CanFit Pro, NFLA or an NCCA accredited certification, but there are no certifications required by law. Fitness instruction in Canada is an unregulated industry.[14] In Iran, the main certifying bodies are IranREPs and Bodybuilding Federation which these two organizations signed a memorandum of understanding in the beginning of 2019. IranREPs requires a diploma or degree in the exercise field from EuropeActive accredited providers or Sport universities. IranREPs joined the ICREPs in 2020. In Europe, personal trainers may work independently, but will always need accreditation by one of the main certifying bodies [15] such as: EREPS: The European Register of Exercise Professionals (EREPS) is an independent process for the registering of instructors, trainers and teachers working in the European health, fitness and physical activity sector. It is a pan-European system, based on independent national registers, which culminate in a central European database. New Zealand has one major registration body for exercise professionals – REPs New Zealand. REPs New Zealand is recognised by both Exercise New Zealand (the industry association) and ICREPs.[16] REPs NZ currently have three major registration categories[17] 1: Exercise Prescription 2: Group Exercise 3: Yoga Teacher To be eligible to register for REPs you need to have one the below options [17] a) Completed an initial qualification from a REPs registered Provider b) Complete a NZ University Degree with an Exercise focus c) Hold a NZ Certificate in Exercise 4 d) Hold current registration with an ICREPs partner To maintain your REPs registration you will need to [18] a) Renew your registration yearly b) Keep your CPR and First Aid up to date and valid c) Complete 10CPD points per year In the UK, there are several ways to achieve a personal training qualification. Most personal training qualifications are accredited through awarding bodies like Active IQ, Focus Awards, YMCA Awards, VTCT and City and Guilds. These qualifications are generally delivered by Further Education (FE) establishments like colleges, or by private training providers. Upon successful completion of an accredited awarding body qualification, candidates become eligible for CIMSPA Practitioner status. There is no legal restriction on the title of Personal Trainer nor any formal body associated with regulating Personal Training. A number of certifications are available in the U.S., although a number are not accredited. Most require a high school diploma, cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) certification, and some type of examination.[6] The United States Registry of Exercise Professionals (USREPS) is the official registry of exercise professionals in the United States and provides clients, employers, healthcare practitioners, policymakers, and insurance providers a single source for finding well-qualified exercise professionals or to verify credentials. In the United States, various certifications are available within the fitness industry, although not all are accredited. Most certifications typically require a high school diploma, CPR (cardiopulmonary resuscitation), AED (automated external defibrillator) certification, and may involve an examination process. A 2002 investigation evaluated a random sample of 115 personal trainers using the Fitness Instructors Knowledge Assessment (FIKA) (which measures knowledge in nutrition, health screening, testing protocols, exercise prescription, and special populations). The study described that:[19][20] 70% of those surveyed did not have a degree in any field related to exercise science. Those who did not have a bachelor's degree in an exercise science-related field scored 31% less on average than those with a bachelor's degree or higher in the field. Those holding one of two specific certifications (the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association (NSCA) certification) scored 83% of the questions correctly on average. Those holding any certification other than ACSM or NSCA answered only 38% of the questions correctly. Years of experience was not found to be predictive of personal trainer knowledge. In partnership with the fitness industry, the International Health, Racquet & Sportsclub Association (IHRSA), which represents over 9,000 health and fitness facilities, started an initiative in 2002 to improve standards for both its own clubs and the industry as a whole. In January 2006, IHRSA implemented a recommendation that its facilities only accept personal trainers with certifications recognized by the National Commission for Certifying Agencies (NCCA) if recognized either by the Council for Higher Education Accreditation (CHEA) and/or the U.S. Department of Education (USDE). As a result, the Distance Education Accrediting Commission (DEAC) was recognized by IHRSA as a recognized accreditor of fitness professional certification organizations. Since then, the DEAC has accredited several personal trainer certification organizations, including the Athletics and Fitness Association of America (AFAA) and the International Sports Sciences Association (ISSA) among others. As of now, NASM, ISSA, AFAA, ACSM, ACE, and NSCA certifications are among the 16 accredited certifications recognized by IHRSA, three of which are accredited by the Distance Education Accrediting Commission (DEAC).[21][22] Various organizations within the profession have lobbied for the adoption of more stringent criteria for certification developed by the NSF International.[23] There remains no national legal restriction on the industry to date except for the District of Columbia (D.C.) which as of February 2014, passed legislation requiring personal fitness trainers to register in that jurisdiction.[24] Personal Trainers in India must hold an appropriate Certification in Personal Training from respected organizations such as Active IQ, National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), National Exercise and Sports Trainer Association (NESTA), National Council on Strength and Fitness (NCSF) and The International Sports Sciences Association(ISSA). Apart from all these International certifications, if one holds any National Skill Qualification Framework Certifications (NSQF Certificates) such as Level 4 Fitness Trainer, Level 5 Personal Fitness Trainer, Level 6 Strength and Conditioning and Diploma in Personal Training from REPS India, will also provide an opportunity to work as a personal trainer in India. Any additional continuing educational courses such as Corrective Exercise Specialist, Special Population Trainer, Weight loss Specialist, Reebok Crossfit, LesMills Bodypump and Yoga Trainer will yield an individual further benefits of salary escalation. To work in India, Personal trainers do not have to register as an Exercise Professional to get employment.[25] Physical exercise Physical fitness Physical training instructor Nutritionist Professional fitness coach ^ Stull, Kyle. "A Six-Step Guide to Effective Movement Assessments". blog.nasm.org. Retrieved 4 October 2022. ^ Earle, Roger (2004). NSCA's Essentials of Personal Training. NSCA Certification Commission. pp. 162, 617. ISBN 978-0-7360-0015-4. ^ Kraemer, WJ. Exercise Physiology: Integrating Theory and Application. Lippincott Williams & Wilkins. Ahead of print, March 2011. ^ Fischer, DV; Bryant, J (2008). "Effect of certified personal trainer services on stage of exercise behavior and exercise mediators in female college students". J Am Coll Health. 56 (4): 369–76. doi:10.3200/JACH.56.44.369-376. PMID 18316279. S2CID 43501852. ^ Diaz, Johnny (30 August 2013). "South Floridians giving webcam workouts rave reviews". Sun-Sentinel. Archived from the original on 24 September 2015. ^ a b "Fitness Workers". Archived from the original on 17 September 2008. Retrieved 17 October 2008. ^ Herbert, David L, DC Opts to Regulate Personal Trainers, The Exercise, Sports and Sports Medicine Standards & Malpractice Reporter, March, 2014, Volume 3, No. 2. ^ Kraemer, WJ. Exercise Physiology: Integrating Theory and Application. Lippincott Williams & Wilkins. Chapter 12. Ahead of print, March 2011. ^ Frances H. Q. (2009). "Sport in Society: Cultures, Commerce, Media, Politics". Sport in Society. 12 (3): 375. doi:10.1080/17430430802673726. S2CID 143704829. ^ "Professional Registration". Archived from the original on 4 March 2014. ^ "Global Portability Matrix from International Confederation of Registers for Exercise Professionals". ^ "Personal Trainer Certification in Toronto, Ontario". nationalpti.edu. Archived from the original on 14 May 2016. Retrieved 10 May 2016. ^ Goodman, Johnathan (10 November 2011). "Top Personal Training Certifications: Canada". The PTDC. Archived from the original on 23 May 2013. Retrieved 29 March 2013. ^ NTP, Ayla Freitas. "How Fitness Instructors Can Get Certified in Canada". www.afpafitness.com. Retrieved 3 December 2022. ^ "NCCA Accredited Certifications – The full list for 2023". Trainer Academy. 15 September 2021. Retrieved 6 October 2023. ^ "How to Become a Personal Trainer in New Zealand". Fitness Education Online. 20 May 2021. Retrieved 3 June 2021. ^ a b "Registration for Exercise Professionals". Retrieved 3 June 2021. ^ "Continuing Professional Development points (CPD points)". Retrieved 3 June 2021. ^ Malek MH, Nalbone DP, Berger DE, Coburn JW. Importance of health science education for personal fitness trainers. J Strength Cond Res. 2002 Feb;16(1):19-24. ^ Malek, Moh H.; Coburn, Tamara K. (9 May 2010). "The Level of Exercise Science Knowledge Among Personal Fitness Trainers: A Guideline" (PDF). Archived from the original (PDF) on 9 May 2010. Retrieved 8 February 2023. ^ "Accreditation Announcement To IHRSA Members". Archived from the original on 13 April 2011. Retrieved 3 March 2011. ^ "Personal Trainers as Professionals". American College of Sports Medicine. Archived from the original on 21 September 2013. Retrieved 19 September 2013. ^ Cotton, Richard. "Personal Trainers as Professionals". American College of Sports Medicine. Archived from the original on 21 September 2013. Retrieved 19 September 2013. ^ "§ 3–1209.08. Personal fitness trainer". Council of the District of Columbia. ^ "Personal Trainer Certification Guidelines in India" Guideline update 3 May 2016. Wikimedia Commons has media related to Personal training. Retrieved from " The cost of personal trainer certification programs varies, ranging in price from $400 to $2,000, according to American Fitness Professionals and Associates. Prices fluctuate depending on the organization providing the certification, the certification level, the study materials and support offered, and the price of the certification exam itself. While many programs offer payment plans to help with financing, some may not include the cost of earning a CPR/AED certification, which is required for most programs and can add about $75 to the total cost of certification. Minton also recommends considering the costs of personal training once one obtains a certification. For instance, self-employed personal trainers may need to rent space in a gym or fitness club to work with clients. Many trainers also invest in liability insurance, which costs an average of $1,735 per year for small businesses. Equipment, such as hand weights, kettlebells, yoga mats, resistance bands or portable speakers for music, can also add to potential costs should a trainer need to purchase equipment for client use. Lastly, many CPT certifications require trainers to participate in continuing education courses, keep their CPR/AED certification up to date and pay certification renewal fees every few years, all of which can add significantly to the total cost of maintaining their certification. Some continuing education courses can cost several hundred dollars, and recertification fees can exceed $400. In a previous article, I showed you the top personal training certifications in the United States. You can see how they differ in cost, time commitment, and continuing education requirements. But if you're a Canadian resident considering a career in personal training, you have a few additional considerations. You'll find them all here, along with a handy chart comparing six personal training certifications in Canada. CONTENTS 1. Who cares about a personal trainer certification in Canada? 2. Are personal trainer certifications accredited in Canada? 3. Why are there so few personal trainer certifications in Canada? 4. Which personal training certification in Canada is best? · Canfitpro · CFES · CPTN · CSEP · Fit Chicks Academy · Infofit 5. Top Personal Training Certification Comparison Chart 6. FAQ Your clients don't. Employers might. (Quick tip: Know where you want to work? Call and ask about certification preferences.) But I'll tell you who probably does care, and that's insurance companies. If you want to work as a personal trainer, you'll need liability insurance. (And don't just count on your employer's umbrella plan, either.) A certification helps you get that coverage. And a Canadian certification can help you get that coverage in Canada. With an American certification, you may have a harder time finding coverage, or pay hundreds to thousands more for it, says Lucinda Jensen, cofounder of Certified Professional Trainers Network (CPTN), one of Canada's main certifying bodies. (The PTDC's Online Trainer Academy is an approved continuing-education course for CPTN and for Canadian Fitness Professionals, or Canfitpro.) "It's like car insurance," says Jensen. "If you have a Canadian driver's license and you move to the states, you're not going to get any coverage for your car until you transfer your license to an American license." What's more, Canada has different medical standards and practices, which American certifications may not teach. For example, Canadian trainers are required under insurance rules to administer the Physical Activity Readiness Questionnaire (PAR-Q) to clients every year, says Jensen. Not so in the United States. Canadian programs are also more likely to offer hands-on training, while the American equivalents tend to be online-only for international students. In fact, nearly all the Canadian certifications require not just a theory exam but a practical assessment as well. You need to demonstrate, in person, how to deliver client protocols. And there's something to be said for local support. "We have a network of local experts across Canada," says Barb Pontes, certification manager for Canfitpro. "There's probably someone in your neighborhood who can help you get started." READ ALSO: These Are the Best Advanced Certifications, According to Personal Trainers Like other countries, Canada has no laws regulating the standards of personal training. Your 90-year-old grandma could call herself a personal trainer. But unlike the U.S., Canada has no third-party agencies to accredit certifications, which helps to weed out the questionable ones. "In Canada, we have a different history with accreditation," says Pontes. "We don't have as many certifying bodies. We all know each other. We try to hold each other accountable. At the end of the day, we all want better-qualified fitness professionals." Why are there so few personal trainer certifications in Canada? Fewer people, for one thing. Although Canada has similar land mass to the U.S., it has just 37 million people. That's 2 million fewer than California, and about 11 percent of the U.S. population. Many individual provinces have regional certifications, in particular a number of providers under the National Fitness Leadership Alliance (NFLA). They're recognized within the province and may be transferrable to other regions. Which personal training certification in Canada is best? Wrong question. What you need to be asking is, which one is right for you? Let's take a closer look at each. Canadian Fitness Professionals (Canfitpro) With some 24,000 members, Canfitpro is the nation's largest certifying body. Most students go with one of two options: The exam challenge ($508) includes the course manual, online resources, and both the written and practical exams. The full course ($682) includes all that plus a live course. Take advantage of the early-bird rate and save $35. Canadian Fitness Education Services (CFES) The organization is more than 35 years old, and its personal trainer certification has been around since 2011. The six-week course ($900) includes 40 hours in the classroom and another 20 hours of hands-on training, plus a written exam and practical skills assessment. Before you can sign up for it, you'll have to take the Fitness Knowledge and Weight Training Instructor courses first. Certified Professional Trainers Network (CPTN) As Canada's oldest personal trainer certification (launched in 1994), CPTN set the standard, and with a slew of trainer-focused specialty certs, its focus hasn't strayed far. A live four-day prep course ($559) gets you up to speed. Study as long as you like before taking the written exam ($232). Then you have six months to log 20 hours of training and take the practical assessment ($125). Canadian Society for Exercise Physiology (CSEP) With roots dating back to 1967, the CSEP offers personal trainer certification to those with at least two years of college study who can pass its written exam ($160) and practical assessment ($150 to $250). Step one is to apply online for eligibility. Once you're approved, take up to a year to study (you can get a resource manual and practical skills review sessions). Once you complete one exam, you'll have six months to take the other. The order you do them is up to you. Fit Chicks Academy Founded in 2008, this biannual women-only certification has a broad focus (ha). The three-month course ($1,999) covers fitness, nutrition, wellness, and business. Fail any of the course's three exams, and you can retake it up to three times, at no charge. Save $200 by registering early. Earn a diploma, not a certification, with this 12-week live program ($5,990), which is designed to prepare you for any number of certification exams (ACE, NSCA, ACSM). Expect a whopping 300 instructional hours, 120 hours of homework, two written exams, and two practical-skills evaluations. If you happen to fail (not likely, considering the 98 percent pass rate), you may be able to retake the course for about $500. Fast-track and home-study options are available too ($1,400 to $2,400). Top Personal Training Certification Comparison Chart FAQ What's the average salary of a personal trainer in Canada? The average personal trainer in Canada earns about $40,000 a year, according to Glassdoor. But don't count on that straight out of the gate. According to Jensen, many trainers make less: about $15 to $30 an hour, or closer to $32,000 a year. How many personal trainers are there in Canada? Good question. The fitness industry employs upwards of 70,000 people, according to IBIS World. But no good estimates exist for personal trainers alone. Jensen's best guess: 15,000 to 20,000. What is the best personal trainer insurance in Canada? Hub International, PBL, and Sports & Fitness Canada are good options. Canfitpro partners with Gallagher to provide members with insurance at a discounted price. And all Infofit grads can be covered for a competitive rate under Metrix. Look for professional liability insurance, and expect to pay about $150 to $500 a year. One perk of the CSEP certification: Insurance is included. How much money can you make as a personal trainer in Canada? Depends, says Jensen. Good trainers average $40,000 or more. But those with multiple income streams (online training, products, affiliate programs, books) can bank six or even seven figures. Aim big! Forbes Health has ranked each certification program in Canada based on NCAA accreditation and industry reputation. The top certification programs include the Red Cross CPR/AED, Canadian Fitness Professionals (Canfitpro), Canadian Fitness Education Services (CFES), Certified Professional Trainers Network (CPTN), and the Certified Personal Trainer (CPT) from the Canadian Society for Exercise Physiology (CSEP).To advance your career as a personal trainer in Canada, it is important to choose a recognized and respected certification. The following certifications are recognized in Canada:BCRPA registration: Infofit prepares you for BCRPA registration, allowing you to work in British Columbia. You'll also be eligible to take the NSCA, ACSM, or ACE exams for certification.ISSA CPT: ISSA CPT, NASM CPT, CanFitPro PTS, CPTN-CPT, and CSEP-CPT are recognized in the Canadian fitness industry.CanFitPro: Canfitpro requires an 80-dollar annual renewal fee, which is only applicable for the Red Cross CPR/AED.CPTN-CPT: CPTN-CPT is the gold standard in the fitness industry. As a CSEP-CPT, your certification stands out among other fitness certifications in Canada due to its rigorous requirements and high standards.In summary, choosing the right personal training certification in Canada is crucial for advancing your career as a personal trainer. By choosing a recognized and respected certification, you can ensure your success in the Canadian fitness market. What Is The BEST Personal Training Certification? NASM vs ISSA vs ACE vs ACSM vs NSCA vs NCSFWe do receive a small commission on some of these course links! Thank you for the love and support guys!* NASM Certified ... (Image Source: Pixabay.com) Is There A Demand For Personal Trainers In Canada?Becoming a personal trainer in Canada is an excellent career choice for fitness enthusiasts, as the demand for personal training services is rising. Updated employment projections as of December 11, 2024, indicate positive job prospects for personal trainers. Ontario, hosting over 1, 700 health and fitness facilities, leads in fitness establishments, yet gym memberships are declining due to Canadians having less time and financial resources.Current trends in the personal training industry show a significant increase in online and virtual training, while celebrity fitness impacts social media-driven demand. Employment outlook over the next three years is moderate for roles such as program leaders and fitness instructors (NOC 54100), with anticipated growth in the fitness industry reaching 171% by 2028.However, the personal training profession in Canada lacks regulatory oversight, leading to a saturated market with around thirty thousand certified trainers. Key skills for trainers include excellent physical fitness, flexibility, open-mindedness, multitasking, problem-solving, and decision-making abilities. Despite the challenges, the increasing number of individuals seeking personal training highlights an ongoing need for skilled professionals in this field.Prospective trainers should focus on acquiring effective training techniques rather than merely sales strategies emphasized in large gyms. Overall, there are promising opportunities for those entering the personal training profession in Canada. (Image Source: Pixabay.com) Does NASM Work Internationally?The National Academy of Sports Medicine (NASM) is a highly respected name in fitness and wellness, having trained over 1. 5 million fitness professionals across 100+ countries. Their Certified Personal Trainer (CPT) certification is considered the best in the industry, and it now offers certification for international candidates, including a UK provider. NASM has formed extensive partnerships with more than 12, 000 gyms and health clubs, facilitating connections that help certified professionals secure employment.As an internationally recognized training provider, NASM's certification holds credibility in the US, Canada, and parts of Europe, including considerations for working in Germany, where specific accreditation by Europe Active is required. Understanding the global status of NASM certifications, applicants can inquire whether it is valid in their respective countries. NASM is also partnered with the Athletics and Fitness Association of America, enhancing its recognition.Read also: What Is Curves Fitness Center?Many who have completed the NASM certification report successful careers in the fitness domain. For those looking to enter this field, particularly as a personal trainer in Europe, NASM offers a strong pathway to gain the necessary credentials and job opportunities. (Image Source: Pixabay.com) What Is The Most Reputable Personal Trainer Certification?The American College of Sports Medicine (ACSM) is highly regarded for its clinical focus in personal training certifications. Forbes Health ranks various certification programs based on their costs and industry reputation, noting that personal trainers will have different requirements based on individual goals. The National Academy of Sports Medicine (NASM) is well-respected for long-term business prospects, while the American Council on Exercise (ACE) is also recognized and may be more budget-friendly.Other top certifications include the National Council on Strength and Fitness (NCSF), accredited by the NCCA, and the International Sports Sciences Association (ISSA). For those seeking broader qualifications, the ISSA Elite Trainer includes three certifications, and NASM offers "Buy One Get One" packages. The NESTA certification is also positively reviewed, helping to shape the best options available in 2024. (Image Source: Pixabay.com) Is NASM Better Then Issa?The ISSA and NASM CPT certifications offer distinct advantages catering to different preferences and career goals. NASM is known for its superior study materials and a rigorous curriculum focusing on muscular imbalance and corrective training, while ISSA provides a faster, more comprehensive program with an easier, open-book format and unlimited exam time. Both certifications are acknowledged by employers, but NASM-certified trainers typically secure higher salaries, reflecting the career paths they choose.As a personal trainer, acquiring additional certifications has proven beneficial in enhancing my clients' health and fitness outcomes. Beginners may find ISSA more manageable due to its structure, which includes multiple-choice questions, essays, and case studies. Conversely, NASM's focused approach on science-based strategies can lead to deeper knowledge and understanding of training methodologies.Financially, the ISSA certification is generally more cost-effective, while NASM is regarded as more prestigious due to its thoroughness and higher test difficulty. Ultimately, the decision between ISSA, NASM, or even ACE hinges on personal preference, learning style, and career aspirations. Those seeking a self-paced, affordable certification may gravitate toward ISSA, whereas individuals desiring a structured experience and strong foundational knowledge may opt for NASM. By weighing the benefits of each program, aspiring trainers can align their certification choice with their career goals and ambitions in the fitness industry. (Image Source: Pixabay.com) How To Become A Personal Trainer In Canada?In Canada, aspiring personal trainers can gain the CPT title by choosing a certification exam from available agencies, unlike the more regulated American system. Notably, there is no requirement for certification to identify as a personal trainer in Canada, making it essential to navigate the industry carefully. This guide outlines the key steps to becoming a personal trainer in Canada. First, pursuing a degree in exercise science covers vital topics, enabling trainers to prevent injuries and enhance client conditioning.While any certification allows you to work as a PT, accredited certifications improve job prospects. Typically, completion of secondary school is necessary, with many trainers holding higher qualifications. Prospective trainers should enroll in accredited programs like the CFES Personal Trainer Course, complete the Personal Training Advanced Specialty Module, pass the Personal Training Exam, and undergo Instructor Competency Evaluation to achieve esteemed certifications such as CSEP-CPT. (Image Source: Pixabay.com) What Is The Difference Between NASM And NCSF?Two primary differences between NASM and NCSF certifications are their exam purchasing options and CPR/AED certification requirements. NCSF permits candidates to purchase the exam separately, while NASM does not provide this flexibility. Additionally, NCSF does not mandate that personal trainers hold CPR/AED certification, unlike NASM, which requires it. Both organizations offer strong training curricula, with NASM's OPT Model being a standout, although NCSF covers comparable material.While NCSF may not be as widely recognized as NASM, it is generally more affordable. The NCSF effectively addresses exercise science within its study materials, paralleling NASM's offerings. However, some argue that NASM provides a more straightforward framework for training clients. For examinations, NASM features 120 questions to be completed in 2 hours, while NCSF consists of 125 questions over an extended duration. Individuals pursuing personal training certifications in North America might find NASM particularly advantageous due to its esteemed evidence-based programs.For alternatives, the ISSA Elite Trainer package, which includes three certifications, and NASM's promotional offerings can also be valuable options. Overall, both certifications present unique advantages depending on individual preferences and needs in the fitness industry. (Image Source: Pixabay.com) What Are The Best Personal Trainer Certification Programs?NASM is a leading choice for personal trainer certification programs, offering comprehensive training through its well-regarded CPT certification study program. They provide top-quality study materials with four distinct options. As personal training certifications represent a significant investment, thorough research is crucial in identifying the best fit for individuals' needs. While many certification programs exist, preferences vary widely among candidates.Read also: What Is Progressive Resistance Strength Training?Our research has highlighted ten of the most reputable CPTs, focusing on price, CEUs, and overall value. ISSA, NASM, and NCSF offer NCCA-accredited exams recognized for aligning with industry standards. NASM is particularly respected for long-term business considerations. ACE provides a solid alternative, often at a lower cost. The National Council on Strength and Fitness (NCSF) ranks as the top choice, thanks to its practical approach and strong partnerships. (Image Source: Pixabay.com) How Long Does It Take To Become A Personal Trainer?Becoming a personal trainer can vary in time commitment based on the certification chosen, study frequency, and content familiarity. Some individuals may pass their certification exams in a few weeks, while others could take nearly a year. A degree in exercise science covers essential topics such as diet, fitness, conditioning, and human anatomy, allowing trainers to prevent client injuries and aid in body conditioning. Typically, personal trainer certifications require between 2 to 6 months to complete, depending on the specific program.Completing a Certified Personal Trainer (CPT) program usually takes about 3 to 6 months, while bachelor's degrees necessitate around four years. Shorter certification courses can often be completed in less than a year, with options like the NASM program possibly finishing in as little as 4 weeks, though the realistic timeframe is closer to 2 months. For example, part-time Level 3 personal trainer courses average 6 weeks, while diploma courses may take up to 12 weeks.It's advisable to allocate 75-100 hours for preparation, and Australian Institute of Fitness qualifications range from 6 to 14 months. Overall, personal training courses in the UK can vary from 5 weeks to over 2 years, with most accredited certifications requiring a minimum of 3 months of study. (Image Source: Pixabay.com) What Is The Most Recognised PT Qualification?When choosing a personal training certification, individuals have diverse preferences and needs. The National Council on Strength and Fitness Certified Personal Trainer certification (NCSF-CPT) ranks first in the list of top certifications. It is an NCCA-accredited program, reflecting its quality and credibility. Other notable certifications include NASM-CPT from the National Academy of Sports Medicine, recognized as a leading provider since 1987, along with ACE-CPT, ACSM-CPT, NSCA-CPT, and ISSA-CPT.ISSA is particularly well-regarded for its comprehensive training options, including the Elite Trainer program that encompasses three certifications. Further options like NASM's BOGO deal and combinations from NCSF are also recommended. The most esteemed certifications, which adhere to strict NCCA standards, provide assurance of quality. In 2023, the best personal training providers in the U. K. have been analyzed, with NASM being highly respected for long-term business aspirations while ACE offers a more budget-friendly option. (Image Source: Pixabay.com) What Is The Most Recognized Personal Trainer Certification In Canada?To become a Certified Personal Trainer (CPT) in Canada, obtaining the CSEP-CPT certification is essential, as it is widely recognized. Canfitpro is the leading personal trainer certification provider, boasting a large membership base of around 24, 000. Options for certification include the exam challenge ($508) which provides the manual and online resources along with practical and written exams, or the full course ($682) which includes a live training component.Other notable certifications in Canada include ISSA CPT, NASM CPT, and CPTN-CPT. The Certified Professional Trainers Network (CPTN) is also significant, being Canada's oldest personal trainer certification established in 1994. Additionally, the standard for strength and conditioning certifications is endorsed by organizations like NSCA. Students can choose between various formats for their exams, ensuring flexibility in achieving their certification goals. (Image Source: Pixabay.com) Is NASM Valid In Canada?NASM and ISSA are both accredited certification organizations. NASM is recognized by the National Commission for Certifying Agencies (NCCA) and offers a straightforward, free application process. The NASM Certified Personal Trainer (CPT) is considered the premier certification in the industry. For international candidates, NASM has launched a two-year program acknowledged by the Canadian Society of Exercise Physiology (CSEP) and is partnered with Canfitpro, a leading name in Canadian fitness credentials.Many Canadians recommend NASM for personal training certification, especially for those aiming to assist women and aging populations in building strength and mobility at local gyms. NASM certification can be achieved in just four weeks, positioning trainers as experts in an evolving fitness landscape. Unlike a nationally standardized requirement, aspiring trainers can select from various recognized certification exams, and hands-on training in gyms is a practical necessity. Choosing NASM is a step toward a successful fitness career. (Image Source: Pixabay.com) How Do I Become A Certified Personal Trainer?A two-year associate's degree in kinesiology, physical education, or a related field can lead to certification as a personal trainer, while four-year bachelor's degrees offer deeper knowledge for advanced careers. To start, ensure you have a high school diploma or GED, a CPR/AED certification, and pass an accredited personal trainer exam. Steps include selecting a certification program, meeting prerequisites, and preparing for the NASM Personal Trainer Certificate exam, which has open-book access and consists of 100 questions.Candidates must demonstrate proficiency in client consultation, program planning, and fitness assessment. Explore education options, requirements, and career paths within the fitness industry to succeed as a certified personal trainer. What's The Best Personal Training CERTIFICATION For New Trainers?If you want a chance to be a live caller, email MAPS Fitness Programs & More ... , the free encyclopedia that anyone can edit. 117,922 active editors 6,999,811 articles in English Beach on Nosy Komba Nosy Komba is a small volcanic island in Madagascar, situated between Nosy Be and the northwest coast of the main island. The lowlands of the island are divided between secondary forest and a patchwork of farmland and plantations (notably including shade-grown coffee), while the highlands are mainly scrubland, with a bamboo forest in the northern portions. Ampangorina is the main village and administrative center. The island attracts significant ecotourism, thanks in part to its black lemurs. During the early 1800s, the region was heavily settled by Sakalava refugees and their slaves fleeing the hegemony of the Merina. France gained control of the island in 1840 and converted it to a logistic center for the import of indentured servants. Although Nosy Komba hosts a traditionally protected forest and an arboretum established in the colonial era, protection for the latter is essentially unenforced, and illegal logging continues. Only small pockets of old-growth forest remain, in remote areas. (Full article...) Recently featured: McDonnell Douglas Phantom in UK service Transportation during the 2024 Summer Olympics and Paralympics Rhine campaign of 1796 Archive By email More featured articles About Hal Hanson ... that while picking his Minnesota "team of the century", Dick Cullum said that Hal Hanson (pictured) "made brave men wince"? ... that Soviet trophy brigades systematically looted art and even moved entire factories from Central and Eastern Europe during and after World War II? ... that the only copy of El Apóstol, widely considered to be the first animated feature film, was lost in a fire? ... that colonial-era bureaucrat Tan Jin Sing's close relationship with Europeans led to the saying that he was "no longer a Chinese, not yet a Dutchman, a half-baked Javanese"? ... that Solomon Islands at the 2024 Summer Olympics were represented by the only all-female delegation at the games? ... that one candidate in the 1990 United States Senate election in Tennessee began the campaign with $3,000 in campaign funds, while the other began with $1 million? ... that after the pilot of Somali Airlines Flight 40 was reportedly threatened with jail following his refusal to take off, the flight took off and crashed a few minutes later? ... that Indonesian radio presenters Muhammad Farhan and Indy Barends co-hosted a 32-hour nonstop radio show in 2001, setting a national record which they held until 2019? ... that in one year, 166,000 people visited a three-bedroom house with a garage that stood amid New York City's skyscrapers? Archive Start a new article Nominate an article Jafar Panahi It Was Just an Accident (director Jafar Panahi pictured) wins the Palme d'Or at the Cannes Film Festival. Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicușor Dan is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Sebastião Salgado Alfredo Palacio Marthe Cohn Charles Rangel Jim Irsay Yury Grigorovich Nominate an article May 28: Republic Day in Armenia (1918); Independence Day in Azerbaijan (1918) Mozaffar ad-Din 585 BC – According to the Greek historian Herodotus, a solar eclipse, accurately predicted by Thales of Miletus, abruptly ended the Battle of Halys between the Lydians and the Medes. 1644 – English Civil War: Royalist troops stormed and captured the Parliamentarian stronghold of Bolton, leading to a massacre of defenders and local residents. 1901 – Mozaffar ad

only battle of WWI fought on United States soil. August 30 In response to the October Revolution in Russia, Vladimir Lenin is shot and wounded by Fanny Kaplan in Moscow, but survives.[18] Moisei Uritsky, the Petrograd head of the Cheka, is assassinated. August 30: Attempted assassination of Lenin, depicted by Vladimir Pchelin Main article: September 1918 September – WWI: British armies and their Arab allies roll into Syria. September 3 – The Bolshevik government of Russia publishes the first official announcement of the Red Terror, a period of repression against political opponents, as an "Appeal to the Working Class" in the newspaper Izvestia.[19] September 4 – WWI: Battle of Mont Saint-Quentin concludes with the Australian Corps breaking the German line. September 5 – Russian Civil War: The Kazan Operation begins. The event continues for 5 days, and solidifies the Red Army's power in Russia over the White Army. September 12 – WWI: Battle of Havrincourt – The British take a German salient. September 12–15 – WWI: Battle of Saint-Mihiel – Americans take a German salient. September 14 – WWI: The Balkan front offensive by the Serbian Army begins. September 15–18 – WWI: Battle of Dobro Pole in the Vardar Offensive of the Balkans Campaign: The Allied Army of the Orient defeats Bulgarian defenders. September 18 – WWI: Battle of Épehy – British approach the Hindenburg Line along the St Quentin Canal. September 19 – WWI: The British Army's Egyptian Expeditionary Force launches the Battle of Megiddo, incorporating the Battle of Sharon, and the Battle of Nablus, an attack in the Judaean Mountains. This day are fought the Battle of Tulkarm, and the Battle of Arara, which break the Ottoman front line stretching from the Mediterranean coast to the Judaean Mountains, while the Battle of Tabsor extends into September 20. The Third Transjordan attack in the Jordan Valley begins. September 20 – WWI: The British Army's Desert Mounted Corps launches the Battle of Nazareth by 5th Cavalry Division (British Indian Army); Capture of Afulah and Beisan by the 4th Cavalry Division (British Indian Army); Capture of Jenin by the Australian Mounted Division, almost encircling the Yildirim Army Group still in the Judaean Mountains. September 25 – WWI: The Battle of Megiddo ends with the Battle of Haifa, Battle of Samakh, and Capture of Tiberias. The Third Transjordan attack ends with ANZAC Mounted Division victory at the Second Battle of Amman, with the subsequent capture at Ziza of the Ottoman II Corps, and more than 10,000 Ottoman and German prisoners. September 26 – WWI: The Meuse-Argonne Offensive begins, the largest and bloodiest operation of the war for the American Expeditionary Forces. The Capture of Damascus begins, with the Charge at Irbid by the 4th Cavalry Division. September 27 – WWI The Battle of the Canal du Nord, launched by British and Empire forces, continues the advance towards the Hindenburg Line. The Battle of Jisr Benat Yakub, launched by the Australian Mounted Division, continues the advance towards Damascus. September 29 – WWI: Battle of St Quentin Canal begins; Allied forces advance towards the Hindenburg Line. Bulgaria requests an armistice, with the Armistice of Salonica being signed and coming into force the next day. September 30 – WWI: The Charge at Kaukab is begun by units of the Australian Mounted Division. The Charge at Kiswe is begun by 4th Cavalry Division, continuing the Desert Mounted Corps' advance to Damascus. Main article: October 1918 October 1 – WWI: The Desert Mounted Corps captures Damascus. October 2 – WWI: The Charge at Khan Ayash is begun north of Damascus, by the 3rd Light Horse Brigade. October 3 Kaiser Wilhelm II of Germany appoints Max von Baden Chancellor of Germany. King Ferdinand I of Bulgaria abdicates in the wake of the Bulgarian military collapse in WWI. He is succeeded by his son, Boris III. WWI: The Pursuit to Haritan by the Desert Mounted Corps begins. October 4 Wilhelm II of Germany forms a new, liberal government to sue for peace. The T. A. Gillespie Company Shell Loading Plant explosion in New Jersey kills 100+, and destroys enough ammunition to supply the Western Front for 6 months. October 7 – The Regency Council (Poland) declares Polish independence from the German Empire, and demands that Germany cede the Polish provinces of Poznań, Upper Silesia and Polish Pomerania. October 8–10 – WWI: Second Battle of Cambrai: British and Canadian troops take Cambrai from the Germans and the First and Third British Armies break through the Hindenburg Line. October 8 – WWI: In the Forest of Argonne in France, U.S. Corporal Alvin C. York almost single-handedly kills 25 German soldiers and captures 132. October 9 – Landgrave Prince Frederick Charles of Hesse is elected King of Finland. October 11 – The magnitude (Mw) 7.1 San Fermín earthquake shakes Puerto Rico with a maximum Mercalli intensity of IX (Violent), killing 76–116 people. A destructive tsunami contributes to the damage and loss of life. October 12 – Cloquet Fire: The city of Cloquet, Minnesota, and nearby areas are destroyed in a fire, killing 453. October 16 – Emperor Karl IV of Austria publishes the Völkermanifest manifesto, declaring the Cisleithanian part of the empire will be federalized on the basis of national councils October 18 – The Washington Declaration proclaims the independent Czechoslovak Republic. October 21 – German representatives of the Reichsrat in Austria-Hungary form the Provisional National Assembly for German-Austria October 24 – WWI: The Battle of Vittorio Veneto opens. October 25 WWI: Aleppo is captured, by Prince Feisal's Sheifial Forces. The steamer Princess Sophia sinks on Vanderbilt Reef near Juneau, Alaska; 353 people die, in the greatest maritime disaster in the Pacific Northwest. October 26 – WWI – Charge at Haritan: Units of the Desert Mounted Corps battle with Ottoman forces for the last time in WWI. October 28 Czechoslovakia declares its independence from Austria-Hungary. A new Polish government is declared in Western Galicia (Eastern Europe). October 29 The Wilhelmshaven mutiny of the German High Seas Fleet breaks out. The State of Slovenes, Croats and Serbs declares its independence from Austria-Hungary. October 30 The Martin Declaration is published, including Slovakia in the formation of the Czecho-Slovak state. The Armistice of Mudros ends conflict between the Ottoman Empire and the Allies of World War I, and grants independence to the Mutawakkilite Kingdom of Yemen. October 31 – Revolution overthrows the pro-Habsburg government in Hungary, effectively dissolving the Austro-Hungarian Empire. Main article: November 1918 November 1 The Polish–Ukrainian War is inaugurated, by the proclamation of the West Ukrainian People's Republic in Galicia, with a capital at Lwów. Serbian forces recapture Belgrade. Malbone Street Wreck: The worst rapid transit accident in world history occurs under the intersection of Malbone Street and Flatbush Avenue, in Brooklyn, New York City, with at least 93 dead. November 3 WWI: The Armistice of Villa Giusti is signed between Austria-Hungary and the Allies near Padua. Poland declares its independence from Russia. German Revolution: Kiel mutiny by sailors in the German fleet at Kiel while throughout northern Germany soldiers and workers begin to establish revolutionary councils on the Russian soviet model. November 4 – WWI: The Armistice of Villa Giusti comes into effect, ending warfare between Italy and Austria-Hungary on the Italian Front. November 6 – A new Polish government is proclaimed in Lublin. November 7 – King Ludwig of Bavaria flees his country. November 8 – The German army withdraws its support of the Kaiser. The German Armistice delegation arrives at the Forest of Compiègne in France. November 9: Proclamation of German Republic by Philipp Scheidemann in Berlin on the Reichstag balcony November 9 Kaiser Wilhelm II of Germany abdicates and chooses to live in exile in the Netherlands. Proclamation of the republic in Germany by Philipp Scheidemann in Berlin, on the Reichstag balcony. One of several significant events on 9 November in German history. Provisional National Council Minister-President Kurt Eisner declares Bavaria to be a republic. British battleship HMS Britannia is sunk by a German submarine off Trafalgar, with the loss of around fifty lives (the last major naval engagement of WWI). Signatories to the Armistice of 11 November 1918 with Germany, ending WWI, pose outside Marshal Foch's railway carriageNovember 11: Front page of The New York Times on Armistice Day November 10 Luxembourg communist forces rebel in Luxembourg city, beginning the Luxembourg rebellions.[20] November 11 End of WWI: Armistice of 11 November 1918 – Germany signs an armistice agreement with the Allies, between 5:12 AM and 5:20 AM, in the "Compiègne Wagon", Marshal Foch's railroad car, in the Forest of Compiègne in France. It becomes official on the 11th hour of the 11th day of the 11th month.[21] At 10:59 U.S. soldier Henry Gunther becomes (probably) the last killed in action. Poland regains independence, after 123 years of partitions. Józef Piłsudski is appointed Commander-in-Chief. Emperor Charles I of Austria gives up his absolute power, but does not abdicate. Loppem Agreements: Start of a series of political meetings between King Albert I and Belgian liberals and socialists. Red Week: Pieter Jelles Troelstra gives a speech calling for socialist revolution in the Netherlands. November 12 – Austria becomes a republic. November 13 The Allied Occupation of Constantinople begins. Frederick II, Grand Duke of Baden, relinquishes all governing duties. November 14 Czechoslovakia becomes a republic. The Second Polish Republic is proclaimed with Józef Piłsudski as head of state. The provisional government of Baden proclaims the "Free People's Republic of Baden" (Freie Volksrepublik Baden). Ernest Louis, Grand Duke of Hesse, is forced from his throne, leading to the establishment of the People's State of Hesse. Frederick Francis IV, Grand Duke of Mecklenburg-Schwerin abdicates his throne, leading to the establishment of the Free State of Mecklenburg-Schwerin. Charles Edward, Duke of Saxe-Coburg and Gotha, announces he is ceasing to rule Saxe-Coburg and Gotha, leading to the establishment of the Free State of Coburg. German East African troops are informed of the November 11 armistice. November 16 – The Hungarian Democratic Republic is declared, marking Hungary's independence from Austria. November 18 – Latvia declares its independence from Russia. November 20 – U-boats start to rendezvous off Harwich, to begin the surrender of the High Seas Fleet to the British Royal Navy; in the following week the German warships are escorted to internment in Scapa Flow.[22] November 21 – Lwów pogrom: Polish troops, volunteers and freed criminals massacre at least 320 Ukrainian Christians and Jews in Lwów, Galicia. November 22 The Belgian royal family returns to Brussels after the war, King Albert I having commanded the Allied army group in the September–October Courtrai offensive, which liberated his country. Frederick II, Grand Duke of Baden, abdicates; the Grand Duchy of Baden gives way to the Republic of Baden. November 23 – British military government of Palestine begins.[23] November 25 – General Paul von Lettow-Vorbeck, German commander in German East Africa, signs a ceasefire at Abercorn in Northern Rhodesia. November 26 – The Podgorica Assembly ('Great National Assembly of the Serb People in Montenegro') votes for a "union of the people" between the kingdoms of Montenegro and Serbia and for deposition of the exiled King Nicholas I of Montenegro.[24] November 28 – Estonian War of Independence: The Red Army invades Estonia, starting the war. The Commune of the Working People of Estonia is established as a Soviet puppet state in Narva on the next day. November 29 – Serbia annexes Montenegro, suspending the latter's existence as a sovereign state for nearly the entirety of the following 88 years.[25] November 30 – Ernest Ansermet conducts the first concert by the Orchestre de la Suisse Romande. Main article: December 1918 December 1 By the Danish–Icelandic Act of Union, Iceland regains independence, but remains in personal union with the King of Denmark, who also becomes the King of Iceland. New voting laws in Sweden makes vote no longer dependent on taxable assets, each adult having one vote. The Union of Alba Iulia is proclaimed: Following the March 27 incorporation of Bessarabia and Bucovina, Transylvania unites with the Kingdom of Romania. The Kingdom of Serbs, Croats and Slovenes (which later becomes the Kingdom of Yugoslavia) is proclaimed, in particular ending Serbia's existence as a sovereign state for the next 87 years (it would not regain its sovereignty until 2006).[25] Flag of the Kingdom of Serbs, Croats and Slovenes December 4 – President Woodrow Wilson departs by ship to the Paris Peace Conference, becoming the first United States President to travel to Europe while holding office. December 5 – Estonian War of Independence: The British light cruiser HMS Cassandra strikes a mine and sinks near Saaremaa in the Baltic Sea, killing 11 sailors.[26] December 6 – A magnitude (Mw) 7.2 earthquake shakes British Columbia. December 14 Prince Frederick Charles of Hesse renounces the Finnish throne.[27] Portuguese President Sidónio Pais is assassinated. Giacomo Puccini's comic opera Gianni Schicchi premiered at the Metropolitan Opera in New York City.[28] December 16 – Vincas Mickevičius-Kapsukas declares the formation of the Lithuanian Soviet Socialist Republic, a puppet state created by the Russian SFSR to justify the Lithuanian–Soviet War. December 17 – Darwin Rebellion in Australia: Disaffected workers march on Government House, Darwin, demanding the resignation of the Administrator of the Northern Territory, John A. Gilruth. December 20 – Tomáš Garrigue Masaryk returns to the Czechoslovak Republic. December 21 – Estonian War of Independence: The Red Army captures Tartu, Estonia. December 25 – Der Stahlhelm, Bund der Frontsoldaten, is formed in Germany as a nationalist veterans' organization. December 27 – Greater Poland Uprising (1918–19): Poles in Greater Poland (the former Grand Duchy of Posen) rise up against the Germans, ignited by a patriotic speech made in Poznań by pianist and politician Ignacy Jan Paderewski. December 28 – Sinn Féin enjoys a landslide victory in Irish seats in the Irish general election (part of the 1918 United Kingdom general election), following the counting of votes, winning 73 of the 105 seats in Ireland. In accordance with their manifesto, Sinn Féin members will not take their seats in the Palace of Westminster but will form the First Dáil in Dublin. Countess Constance Markievicz, while detained in Holloway Prison (London), becomes the first woman elected to (but does not take her seat in) the British House of Commons.[29] December 31 – A British-brokered ceasefire ends the two weeks of fighting in the Georgian–Armenian War. Nakajima Aircraft Company, a predecessor of the Subaru car manufacturing company in Japan, is founded in Ota, Gunma Prefecture.[citation needed] João Figueiredo Gamal Abdel Nasser Gertrude B. Elion Nicolae Ceaușescu January 1 – Patrick Anthony Porteous, Scottish recipient of the Victoria Cross (d. 2000) January 2 – Gudrun Zapf-von Hesse, German typographer, calligrapher and book-binder (d. 2019) January 10 – Arthur Chung, 1st President of Guyana (d. 2008) January 11 – Kassim Al-Rimawi, Prime Minister of Jordan (d. 1982) January 15 João Figueiredo, 30th President of Brazil (d. 1999) Gamal Abdel Nasser, 2nd President of Egypt (d. 1970) January 16 – Stirling Silliphant, American writer, producer (d. 1996)[30] January 17 Kamal Amrohi, Indian director, screenwriter (d. 1993) George M. Leader, American politician (d. 2013) January 20 – Juan García Esquivel, Mexican bandleader (d. 2002) January 21 Chicháy, Filipino actress (d. 1993) Richard Winters, U.S. Army officer (d. 2011)[31] January 22 – Elmer Lach, Canadian ice hockey player (d. 2015) January 23 – Gertrude B. Elion, American scientist, recipient of the Nobel Prize in Physiology or Medicine (d. 1999)[32] January 24 – Oral Roberts, American neo-Pentecostal televangelist (d. 2009) January 26 Nicolae Ceaușescu, Romanian communist politician and leader (d. 1989) Philip José Farmer, American writer (d. 2009) January 27 Skitch Henderson, English-born musician, bandleader (d. 2005) Elmore James, American musician (d. 1963) January 29 Luis Aguilar, Mexican actor, and singer (d. 1997) John Forsythe, American actor (d. 2010) January 31 – Millie Dunn Veasey, African-American civil rights activist (d. 2018) Joey Bishop Julian Schwinger February 1 Carlos Fayt, Argentine lawyer, politician and academic (d. 2016) Dame Muriel Spark, Scottish author (d. 2006) February 2 – Hella Haasse, Dutch writer (d. 2011) February 3 Joey Bishop, American entertainer, member of the "Rat Pack" (d. 2007) Helen Stephens, American runner (d. 1994) February 4 – Ida Lupino, Anglo-American actress, screenwriter, director and producer (d. 1995) February 6 – Lothar-Günther Buchheim, German author (d. 2007) February 7 – Marguerite Narbel, Swiss biologist and politician (d. 2010) February 8 – Fred Blassie, American professional wrestler, novelty singer (Pencil Neck Geek) (d. 2003) February 12 – Julian Schwinger, American physicist, Nobel Prize laureate (d. 1994) February 14 – William L. Snyder, American film producer (d. 1998) February 15 – Smilja Avramov, Serbian academic, authority and educator in international law (d. 2018) February 19 – Fay McKenzie, American silent film actress (d. 2019) February 22 Don Pardo, American television announcer (Saturday Night Live) (d. 2014) Robert Pershing Wadlow, American tallest man record-holder (d. 1940) February 25 Barney Ewell, American athlete (d. 1996) Miguel Gallastegui, Spanish pelotari (d. 2019) Bobby Riggs, American tennis player (d. 1995) February 26 Herbert Blaize, 6th Prime Minister of Grenada (d. 1989) Lloyd Geering, New Zealand theologian[33] Theodore Sturgeon, American writer (d. 1985) February 28 – Alfred Burke, English actor (d. 2011) João Goulart James Tobin Marguerite Chapman Elaine de Kooning Frederick Reines Pearl Bailey March 1 Roger Delgado, British actor (d. 1973) João Goulart, 24th President of Brazil (d. 1976) March 3 Arthur Kornberg, American biochemist, recipient of the Nobel Prize in Physiology or Medicine (d. 2007) Fritz Thiedemann, German equestrian (d. 2000) March 4 – Margaret Osborne duPont, American female tennis player (d. 2012) March 5 – James Tobin, American economist, Nobel Memorial Prize laureate (d. 2002)[34] March 9 Marguerite Chapman, American actress (d. 1999) George Lincoln Rockwell, American Nazi leader (d. 1967) Mickey Spillane, American writer (d. 2006)[35] March 10 Günther Rall, German ace fighter pilot (d. 2009) March 12 Elaine de Kooning, American artist (d. 1989)[36] William E. Nichol, American politician from Nebraska (d. 2006) March 16 – Frederick Reines, American physicist, Nobel Prize laureate (d. 1998)[37] March 17 – Viviane Gauthier, Haitian dancer (d. 2017) March 22 – Cheddi Jagan, 4th President of Guyana (d. 1997) March 23 Kazu Naoki, Japanese soccer player (d. 1940s) Émile Derlin Zinsou, President of Benin (d. 2016) March 28 – Gonzalo Facio Segreda, Costa Rican lawyer, politician, and diplomat (d. 2018) March 29 Pearl Bailey, African-American singer, actress (d. 1990) Sam Walton, founder of Wal-Mart (d. 1992) William Holden Kai Siegbahn Fanny Blankers-Koen April 1 – Diarmuid Larkin, Irish artist and art educationist (d. 1989) April 6 Alfredo Ovando Candía, 48th President of Bolivia (d. 1982) George Corones, Australian Masters swimmer (d. 2020) April 7 – Bobby Doerr, American baseball player (d. 2017) April 8 – Betty Ford, First Lady of the United States (d. 2011) April 9 – Jørn Utzon, Danish architect (d. 2008) April 10 – H. S. Doreswamy, Indian activist, journalist (d. 2021) April 11 – Jean-Claude Servan-Schreiber, French journalist, politician (d. 2018) April 14 – Mary Healy, American actress, variety entertainer and singer (d. 2015)[38] April 16 – Spike Milligan, Irish comedian (d. 2002) April 17 William Holden, American actor (d. 1981) Anne Shirley, American actress (d. 1993) April 18 Gabriel Axel, Danish film director (d. 2014) Shinobu Hashimoto, Japanese screenwriter (d. 2018) April 20 – Kai Siegbahn, Swedish physicist, Nobel Prize laureate (d. 2007)[39] April 26 – Fanny Blankers-Koen, Dutch athlete (d. 2004) April 28 Karl-Eduard von Schnitzler, East German journalist, host of the television show Der schwarze Kanal (d. 2001) Rodger Young, United States Army soldier, remembered in the song "The Ballad of Rodger Young" (d. 1943) April 29 – Nils Östensson, Swedish Olympic cross-country skier (d. 1949) Mike Wallace Richard Feynman Eddy Arnold Birgit Nilsson Yasuhiro Nakasone Martin Lundstrom May 1 Jack Paar, American television show host (The Tonight Show) (d. 2004)[40] Li Yaowen, Chinese politician, general and diplomat (d. 2018) May 4 Kakuei Tanaka, 40th Prime Minister of Japan (d. 1993) Ana Enriqueta Terán, Venezuelan poet (d. 2017) May 6 Henrietta Boggs, Costa Rican-American author, journalist and activist (d. 2020) Zayed bin Sultan Al Nahyan, 1st President of the United Arab Emirates (d. 2004) May 9 Orville Freeman, American politician (d. 2003) Mike Wallace, American journalist (d. 2012) May 11 – Richard Feynman, American physicist, Nobel Prize laureate (d. 1988)[41] May 12 – Julius Rosenberg, American-born Soviet spy (d. 1953) May 15 Eddy Arnold, American country music singer (d. 2008) Joseph Wiseman, Canadian actor (d. 2009)[42] May 16 – Wilf Mannion, English footballer (d. 2000)[43] May 17 – Birgit Nilsson, Swedish soprano (d. 2005)[44] May 19 – Abraham Pais, Dutch-born American physicist (d. 2000) May 20 – Edward B. Lewis, American geneticist, recipient of the Nobel Prize in Physiology or Medicine (d. 2004) May 23 Frank Mancuso, American major league baseball player, politician (d. 2007) Naomi Replansky, American poet (d. 2023) May 27 – Yasuhiro Nakasone, 45th Prime Minister of Japan (d. 2019) May 28 Norbert Franck, Luxembourgish swimmer (d. 2006) Johnny Wayne, Canadian comedian (d. 1990) May 30 – Martin Lundström, Swedish Olympic cross-country skier (d. 2016) May 31 – Margaret Todd, Canadian female golfer (d. 2019) Franco Modigliani June 2 – Kathryn Tucker Windham, American writer, storyteller (d. 2011) June 6 – Edwin G. Krebs, American biochemist, recipient of the Nobel Prize in Physiology or Medicine (d. 2009) June 8 – Robert Preston, American actor (The Music Man) (d. 1987) June 9 – John Hospers, American philosopher (d. 2011) June 10 – Patachou, French singer (d. 2015) June 11 – Hugo Scheltema, Dutch diplomat (d. 1996) June 15 – François Tombalbaye, 1st President of Chad (d. 1975) June 17 Derek Barber, Baron Barber of Tewkesbury, British life peer (d. 2017) Ajahn Chah Subaddho, Buddhist teacher (d. 1992) Raúl Padilla (alias El Chato), Mexican actor (d. 1994) June 18 Jerome Karle, American chemist, Nobel Prize laureate (d. 2013) Franco Modigliani, Italian-born economist, Nobel Memorial Prize laureate (d. 2003) Ángel Martín Taboas, Puerto Rican-American politician (d. 2023) June 21 Allan Lindberg, Swedish pole vaulter (d. 2004) Tibor Szele, Hungarian mathematician (d. 1955) Josephine Webb, American engineer (d. 2017) June 22 Cicely Saunders, English Anglican nurse, social worker, physician and writer (d. 2005)[45] Yeoh Ghim Seng, Singaporean politician, acting President of Singapore (d. 1993) June 24 Myroslav Ivan Lubachivsky, Ukrainian Catholic bishop (d. 2000) Yong Nyuk Lin, Singaporean politician (d. 2012) June 26 Ellen Liiger, Estonian actress (d. 1987) Leo Rosner, Polish-born Austrian Jewish musician (d. 2008) June 27 Willy Breinholst, Danish humorist, writer (d. 2009) Adolph Kiefer, American Olympic swimmer (d. 2017)[46] June 29 – Heini Lohrer, Swiss ice hockey player (d. 2011) June 30 – Jackie Roberts, Welsh footballer (d. 2001) Ingmar Bergman Bertram Brockhouse Nelson Mandela Paul D. Boyer July 1 Ahmed Deedat, South African writer, public speaker (d. 2005) Pedro Yap, Filipino lawyer (d. 2003) July 2 Athos Bulcão, Brazilian painter, sculptor (d. 2008) Indumati Bhattacharya, Indian politician (d. 1990) July 3 – Lorenzo Robledo, Spanish actor (d. 2006) July 4 King Tāufaʻāhau Tupou IV of Tonga (d. 2006) Alec Bedser, English cricketer (d. 2010) Eric Bedser, English cricketer (d. 2006) July 5 Zakaria Mohieddin, Egyptian general, politician (d. 2012) Nikos Papatakis, Greek Ethiopian-born naturalised French filmmaker (d. 2010) Miguel Ángel Sanz Bocos, Spanish fighter pilot (d. 2018) July 6 Sebastian Cabot, English actor (d. 1977) Francisco Moncion, Dominican-American dancer, charter member of New York City Ballet (d. 1995) July 7 – Jing Shuping, Chinese businessman (d. 2009) July 8 Paul B. Fay, American businessman, soldier, and diplomat, 12th United States Secretary of the Navy (d. 2009) Oluf Reed-Olsen, Norwegian resistance member, pilot (d. 2002) July 9 – Jarl Wahlström, Salvation Army general (d. 1999) July 12 – Mary Glen-Haig, British Olympic fencer (d. 2014) July 13 Alberto Ascari, Italian racing driver (d. 1955) Ted Oldfield, English footballer (d. 2006) July 14 T. M. Aluko, Nigerian writer (d. 2010)[47] Ingmar Bergman, Swedish film director (d. 2007[48]) Jay Wright Forrester, American computer scientist (d. 2016)[49] July 15 Paddy Bassett, New Zealand scientist (d. 2019) Bertram Brockhouse, Canadian physicist, Nobel Prize laureate (d. 2003) Brenda Milner, Canadian neuropsychologist July 16 Bayani Casimiro, Filipino dancer and actor (d. 1989) Pituka de Foronda, Spanish actress (d. 1999) July 17 – Carlos Manuel Arana Osorio, 35th President of Guatemala (d. 2003) July 18 Lia Dorana, Dutch comedian, actress (d. 2010) Nelson Mandela, 1st President of South Africa and recipient of the Nobel Peace Prize (d. 2013)[50] July 20 – Auður Laxness, Icelandic writer, craftsperson (d. 2012) July 21 – Elsa Kobberstad, Norwegian schoolteacher, politician (d. 2007) July 22 – Lila Zali, Georgian-born American prima ballerina (d. 2003) July 24 Antonio Candido, Brazilian literary critic, sociologist (d. 2017) Ruggiero Ricci, Italian-born violinist (d. 2012) July 27 – Leonard Rose, American cellist (d. 1984) July 28 – Penaia Ganilau, 1st President of Fiji (d. 1993) July 29 – Edwin O'Connor, American novelist, Pulitzer Prize for Fiction winner (d. 1968) July 31 Vicente Almeida d'Eça, Portuguese colonial administrator (d. 2018) Paul D. Boyer, American chemist, Nobel Prize laureate (d. 2018) Hank Jones, American pianist (d. 2010)[51] Bruria Kaufman Frederick Sanger Shankar Dayal Sharma Leonard Bernstein Katherine Johnson Aslam Khan Alejandro Agustín Lanusse August 1 Artur Brauner, German film producer and entrepreneur (d. 2019) Zhou Xuan, Chinese singer, actress (d. 1957) August 2 – Dada Vaswani, Indian spiritual leader (d. 2018) August 3 – Cheng Kaijia, Chinese nuclear physicist and engineer (d. 2018) August 4 – Noel Willman, Irish actor (d. 1988) August 5 Kondapalli Koteswaramma, Indian communist leader, feminist, revolutionary and writer (d. 2018) Betty Oliphant, co-founder of National Ballet of Canada (d. 2004) August 12 – Guy Gibson, British bomber pilot, leader of the "Dam Busters" raid (d. 1944) August 13 Noor Hassanali, 2nd President of Trinidad and Tobago (d. 2006) Frederick Sanger, English biochemist, double Nobel Prize laureate (d. 2013) August 19 – Shankar Dayal Sharma, 9th President of India (d. 1999) August 20 – Crystal Bennett, British archaeologist, pioneering researcher on Jordan (d. 1987) August 21 – Bruria Kaufman, American-born Israeli physicist (d. 2010) August 22 Said Mohamed Djohar, President of the Comoros (d. 2006) Martin Pope, American physical chemist (d. 2022) August 23 – Bernard Fisher, American surgeon (d. 2019) August 25 – Leonard Bernstein, American composer, conductor (d. 1990) August 26 Katherine Johnson, African-American physicist, space scientist and mathematician (d. 2020)[52] Maria Isaura Pereira de Queiróz, Brazilian sociologist (d. 2018) August 27 Aslam Khan, British Indian-born military officer, led his troops during World War II in capturing Kennedy Peak (Myanmar), which the Americans had failed to conquer. For this achievement, he was awarded the Military Cross by Field Marshal Auchinleck (d. 1994)[53] Chang Yun Chung, Chinese-born billionaire shipping magnate (d. 2020) Jelle Zijlstra, Dutch politician, Prime Minister of the Netherlands from 1966 to 1967 (d. 2001) August 28 – Alejandro Agustín Lanusse, 37th President of Argentina (d. 1996) August 29 – Clemens C. J. Roothaan, Dutch physicist (d. 2019) August 30 – Ted Williams, American baseball player (d. 2002) August 31 – Alan Jay Lerner, American lyricist, librettist (d. 1986) Chaim Herzog September 1 – Phyllis Wallbank, English educationalist (d. 2020) September 3 – Helen Wagner, American soap opera actress (d. 2010) September 4 – Gerald Wilson, American jazz trumpeter (d. 2014) September 6 – Ludwig Hörmann, German cyclist (d. 2001) September 8 – Derek Barton, British chemist, Nobel Prize laureate (d. 1998) September 9 – Oscar Luigi Scalfaro, 9th President of Italy (d. 2012) September 13 – Ray Charles, American musician, singer and songwriter (d. 2015) September 14 – James George, Canadian diplomat (d. 2020) September 15 – Nipsey Russell, American comedian, poet, and dancer (d. 2005) September 16 – Ismail Mohamed Ali, Malaysian politician (d. 1998) September 17 – Chaim Herzog, 6th President of Israel 1983–1993 (d. 1997) September 19 – Joseph Zeller, American politician (d. 2018) September 22 – Henryk Szeryng, Polish-born violinist (d. 1988) September 24 – Emerante Morse, Haitian singer, dancer and folklorist (d. 2018) September 26 – Peng Chang-kuei, Taiwanese chef (d. 2016) September 27 – Martin Ryle, English radio astronomer, recipient of the Nobel Prize in Physics (d. 1984) September 28 Ángel Labruna, Argentine soccer player, manager (d. 1983) Ida Schuster, Scottish actress (d. 2020) Arnold Stang, American comic actor (d. 2009) September 30 Giovanni Canestri, Italian cardinal (d. 2015) Aldo Parisot, Brazilian-American cellist and educator (d. 2018) Jens Christian Skou Robert Walker Rita Hayworth Thelma Coyne Long October 4 – Kenichi Fukui, Japanese chemist, Nobel Prize laureate (d. 1998) October 6 – Goh Keng Swee, former Deputy Prime Minister of Singapore (d. 2010) October 8 – Jens Christian Skou, Danish chemist, Nobel Prize laureate (d. 2018) October 9 E. Howard Hunt, American Watergate break-in coordinator (d. 2007) Bebo Valdés, Cuban pianist, bandleader, composer and arranger (d. 2013) October 10 – Gaston Mialaret, French pedagogist and professor (d. 2016) October 13 Jack MacGowran, Irish film actor (d. 1973) Robert Walker, American actor (d. 1951) October 14 – Thelma Coyne Long, Australian tennis player (d. 2015) October 16 Louis Althusser, French philosopher (d. 1990) Géori Boué, French operatic singer (d. 2017) Henri Vernes, Belgian author (d. 2021) October 17 – Rita Hayworth, American actress (d. 1987) October 18 Konstantinos Mitsotakis, former Greek Prime Minister (d. 2017) Bobby Troup, American singer-songwriter and actor, known for his role in Emergency! (d. 1999) October 19 – Robert S. Strauss, American politician, Democratic National Committee Chairman (d. 2014) October 22 – René de Obaldia, French playwright and poet (d. 2022) October 23 – Augusta Dabney, American actress (d. 2008) October 25 Francisco Griéguez, Spanish WWII soldier (d. 2018) Milton Selzer, American actor (d. 2006) October 26 – Marc Hodler, Swiss lawyer (d. 2006) October 27 Mihkel Mathiesen, Estonian statesman (d. 2003) Teresa Wright, American actress (d. 2005) October 29 – Diana Serra Cary, American actress (d. 2020) October 31 – Ian Stevenson, American parapsychologist (d. 2007) Billy Graham Spiro Agnew November 1 – Ken Miles, British sports car racing engineer and driver (d. 1966) November 2 – Raimon Panikkar, Spanish theologian (d. 2010) November 3 – Russell B. Long, United States Senator from Louisiana (d. 2003) November 4 Art Carney, American actor, best known for his role in The Honeymooners (d. 2003) Cameron Mitchell, American actor (d. 1994) November 7 Paul Aussaresses, French general (d. 2013) Billy Graham, American evangelist, spiritual adviser to several U.S. Presidents (d. 2018) November 8 Teoh Seng Khoon, Malaysian badminton player (d. 2018) Hermann Zapf, German typeface designer (d. 2015) November 9 Spiro Agnew, Vice president of the United States (d. 1996) Choi Hong Hi, South Korean general, martial artist (d. 2002) Su Beng, Taiwanese dissident and political activist (d. 2019) November 10 – Ernst Otto Fischer, German chemist, Nobel Prize laureate (d. 2007) November 14 – John Bromwich, Australian tennis player (d. 1999) November 15 – Vittore Bocchetta, Italian sculptor, painter and academic (d. 2021) November 18 – Nicolás Kingman Riofrío, Ecuadorian journalist, writer and politician (d. 2018) November 26 – Patricio Aylwin, 32nd President of Chile (d. 2016) November 27 – Borys Paton, Ukrainian scientist (d. 2020) November 29 – Madeleine L'Engle, American author (d. 2007) November 30 – Efrem Zimbalist Jr., American actor (d. 2014)[54] Aleksandr Solzhenitsyn Kurt Waldheim Helmut Schmidt Anwar Sadat December 3 – Abdul Haris Nasution, Indonesian general (d. 2000) December 7 Jórunn Viðar, Icelandic pianist, composer (d. 2017) Liu Yichang, Hong Kong writer and novelist (d. 2018) December 8 – Gérard Souzay, French baritone (d. 2004) December 10 – Anatoly Tarasov, Russian ice-hockey player and coach (d. 1995) Fergus Anckorn December 11 – Aleksandr Solzhenitsyn, Russian writer, Nobel Prize laureate (d. 2008) December 12 – Joe Williams, American jazz singer (d. 1999) December 13 – Rosalia Lombardo, Italian child known as The Sleeping Beauty (d. 1920)[55] December 14 – B. K. S. Iyengar, Indian yoga teacher (d. 2014) December 15 – Jeff Chandler, American actor (d. 1961) December 17 Dusty Anderson, American actress and model (d. 2007) Duchess Woizlawa Feodora of Mecklenburg, German royal (d. 2019) December 18 – Joyce Reynolds, English classicist and academic (d. 2022) December 21 Francisco Miró Quesada Cantuarias, Peruvian philosopher (d. 2019) Fred Gloden, American football player (d. 2019) Donald Regan, American Treasury Secretary, White House Chief of Staff (d. 2003) Kurt Waldheim, President of Austria, Secretary-General of the United Nations (d. 2007)[56] December 23 José Greco, Italian-born flamenco dancer (d. 2000) Kumar Pallana, Indian actor (d. 2013) Helmut Schmidt, Chancellor of Germany (d. 2015) December 24 – Dave Bartholomew, American musician, songwriter and music producer (d. 2019) December 25 Bertie Mee, English football player, manager (d. 2001) Anwar Sadat, 3rd President of Egypt, recipient of the Nobel Peace Prize (d. 1981) December 26 – Georgios Rallis, Prime Minister of Greece (d. 2006) December 30 – W. Eugene Smith, American photojournalist (d. 1978) Abd an-Nabi Abd al-Qadir Mursal, Sudanese poet and politician (d. 1962)[57] Georg Cantor María Dolores Rodríguez Sopeña January 2 – Katharine A. O'Keeffe O'Mahoney, Irish-born American teacher and writer (b. 1855) January 6 – Georg Cantor, German mathematician (b. 1845) January 8 Johannes Pääsuke, Estonian photographer, filmmaker (b. 1892) Ellis H. Roberts, American politician (b. 1827) January 9 Max Ritter von Müller, German World War I fighter ace (killed in action) (b. 1887) Charles-Émile Reynaud, French inventor (b. 1844) January 10 – María Dolores Rodríguez Sopeña, Spanish Roman Catholic religious sister and Blessed (b. 1848) January 21 – Emil Jellinek, German automobile entrepreneur (b. 1853) January 26 – Grand Duke Nicholas Konstantinovich of Russia (b. 1850) January 28 – John McCrae, Canadian soldier, surgeon and poet (b. 1872) January 31 – Ivan Puluj, Ukrainian physicist and inventor (b. 1845) Princess Leonilla Bariatinskaya Gustav Klimt Sultan Abdul Hamid II February 1 – Princess Leonilla Bariatinskaya, Russian aristocrat (b. 1816) February 2 – John L. Sullivan, American boxer, World Heavyweight Champion (b. 1858) February 4 – Akiyama Saneyuki, Japanese admiral (b. 1868) February 6 – Gustav Klimt, Austrian painter (b. 1862), Spanish flu February 8 – Louis Renault, French jurist, educator and Nobel Prize laureate (b. 1843) February 10 Sultan Abdul Hamid II of the Ottoman Empire (b. 1842) Ernesto Teodoro Moneta, Italian pacifist, Nobel Prize laureate (b. 1833) February 11 – Alexey Kaledin, Russian general (suicide) (b. 1861) February 14 – Sir Cecil Spring Rice, British diplomat (b. 1859) February 15 – Vernon Castle, British-born American dancer (b. 1887) February 16 – Károly Khuen-Héderváry, 2-time Prime Minister of Hungary (b. 1849) February 23 Adolphus Frederick VI, Grand Duke of Mecklenburg-Strelitz (b. 1882) Thomas Brassey, 1st Earl Brassey, British politician and colonial administrator (b. 1836) Claude Debussy Martin Sheridan March 2 – Prince Mirko of Montenegro (b. 1879) March 9 – Frank Wedekind, German playwright (b. 1864) March 10 – Hans-Joachim Buddecke, German flying ace (killed in action) (b. 1890) March 13 – César Cui, Lithuanian composer (b. 1835) March 14 Lucretia Garfield, First Lady of the United States (b. 1832) Gennaro Rubino, Italian anarchist who unsuccessfully tried to assassinate King Leopold II of Belgium (b. 1859) March 15 – Adolf Ritter von Tutschek, German fighter ace (killed in action) (b. 1891) March 23 – T. P. Cameron Wilson, English poet, novelist (b. 1888) March 25 Claude Debussy, French composer (b. 1862) Walter Tull, first Black infantry officer to serve in the British Army (b. 1888) March 27 Henry Adams, American historian (b. 1838) Martin Sheridan, American Olympic athlete (b. 1881), Spanish flu Karl Ferdinand Braun Manfred von Richthofen Gavrilo Princip April 1 Isaac Rosenberg, British war poet (killed in action) (b. 1890) Paul von Rennenkampf, Russian general (executed) (b. 1854) April 4 – Hermann Cohen, German philosopher (b. 1842) April 5 – King George Tupou II of Tonga (b. 1874) April 11 – Otto Wagner, Austro-Hungarian architect, urban planner (b. 1841) April 19 – William Hope Hodgson, English author (b. 1877)[58] April 20 Jussi Merinen, Finnish politician (executed) (b. 1873)[59] Karl Ferdinand Braun, German physicist, Nobel Prize laureate (b. 1850) Paul Gautsch von Frankenthurn, Austrian statesman, Prime Minister (b. 1851) April 21 Friedrich II, Duke of Anhalt (b. 1856) Manfred von Richthofen, German fighter pilot, top-scoring ace of World War I (killed in action) (b. 1892) April 27 – Jacques Duchesne, French general (b. 1837) April 28 – Gavrilo Princip, Yugoslav assassin (b. 1894) Maria Magdalena Merten May 2 Ernie Parker, Australian tennis champion (killed in action) (b. 1883) Jüri Vilms, Estonian politician (b. 1889) May 14 – James Gordon Bennett Jr., American newspaper publisher (b. 1841) May 17 – William Drew Robeson I, African-American minister, father of singer and actor Paul Robeson (b. 1844) May 18 – Blandine Merten, German nun and Blessed (b. 1883) May 19 Ferdinand Hodler, Swiss painter (b. 1853) Raoul Lufbery, Franco-American fighter pilot (killed in action) (b. 1885) May 21 Sofia Hjulgrén, Finnish politician (executed) (b. 1875)[60] Wilho Laine, Finnish politician (executed) (b. 1875)[61] May 23 Gerard Noel, British admiral (b. 1845) [62] Mariano Ponce, Filipino diplomat, politician and writer (b. 1863) May 24 – József Kiss, Austro-Hungarian fighter pilot (killed in action) (b. 1896) May 30 – Georgi Plekhanov, Russian revolutionary, philosopher (b. 1856) Kyrion II of Georgia June 1 – Roderic Dallas, Australian fighter pilot (killed in action) (b. 1891) June 3 – Count Richard von Bienerth-Schmerling, Austrian noble, statesman and former Prime Minister (b. 1863) June 4 – Charles W. Fairbanks, 26th Vice President of the United States (b. 1852) June 10 – Arrigo Boito, Italian poet, composer (b. 1842) June 13 – Grand Duke Michael Romanov (assassinated) (b. 1878) June 15 – Frank Miles Day, American architect (b. 1861) June 16 – Bazil Assan, Romanian engineer and explorer (b. 1860) June 19 – Francesco Baracca, Italian fighter pilot (air crash) (b. 1888) June 26 – Kyrion II of Georgia, Georgian Orthodox patriarch, Saint (b. 1855) June 27 – Joséphin Péladan, French occultist (b. 1858) Sultan Mehmed V James McCudden Quentin Roosevelt Emperor Nicholas II of Russia Henry Macintosh July 3 – Sultan Mehmed V of the Ottoman Empire (b. 1844) July 9 – James McCudden, British fighter pilot (air crash) (b. 1895) July 14 – Quentin Roosevelt, youngest son of United States President Theodore Roosevelt, fighter pilot (killed in action) (b. 1897) July 17 – Executed members of the Romanov family: Former Emperor Nicholas II of Russia (b. 1868) Former Empress Alexandra Feodorovna of Russia (b. 1872) Grand Duchess Olga Nikolaevna of Russia (b. 1895) Grand Duchess Tatiana Nikolaevna of Russia (b. 1897) Grand Duchess Maria Nikolaevna of Russia (b. 1899) Grand Duchess Anastasia Nikolaevna of Russia (b. 1901) Former Tsarevich Alexei Nikolaevich of Russia (b. 1904) July 18 Prince Constantin Constantinovich of Russia (executed) (b. 1891) Prince Igor Constantinovich of Russia (executed) (b. 1894) Grand Duke Sergei Mikhailovich of Russia (executed) (b. 1869) Grand Duchess Elisabeth of Russia (Princess Elisabeth of Hesse and by Rhine) (executed) (b. 1864) July 20 – Francis Lupo, American soldier (b. 1895) July 22 Roy Earl Parrish, American politician (killed in action) (b. 1888) Manuel González Prada, Peruvian politician, author (b. 1844) Indra Lal Roy, Indian fighter pilot (killed in action) (b. 1898) Alexey Schastny, Russian naval officer (executed) (b. 1881) July 26 Henry Macintosh, British Olympic athlete (killed in action) (b. 1892) Edward Mannock, British fighter pilot (killed in action) (b. 1887) July 29 – Ernest William Christmas, Australian painter (b. 1863) July 30 Hermann von Eichhorn, German field marshal (assassinated) (b. 1848) Joyce Kilmer, American journalist, poet (killed in action) (b. 1886) Frank Linke-Crawford, Austro-Hungarian fighter pilot (killed in action) (b. 1893) July 31 – George McElroy, British fighter pilot (killed in action) (b. 1893) Marianne Cope August 1 John Riley Banister, American policeman, cowboy (b. 1854) Gabriel Guérin, French World War I fighter ace (air crash) (b. 1892) August 5 – Peter Strasser, German naval officer, airship commander (killed in action) (b. 1876) August 9 Marianne Cope, German-born American Roman Catholic nun and saint (b. 1838) František Plesnivý, Austro-Hungarian architect (b. 1845) August 10 Jean Brillant, Canadian soldier, Victoria Cross recipient (killed in action) (b. 1890) Erich Löwenhardt, German World War I fighter ace (air crash) (b. 1897) Aleksander Uurits, Estonian painter, graphic artist (b. 1888) August 12 – Anna Held, French actress (b. 1872) August 22 – Korbinian Brodmann, German neurologist (b. 1868)[63] August 30 – William Duncan, British missionary in Canada and the United States (b. 1832) George Reid Eduard, Duke of Anhalt Prince Erik, Duke of Vastmanland Mudbir al-Far'un, Arab chieftain, leader of 1913 Euphrates rebellion September 2 – Sir John Forrest, Australian explorer and politician, 1st Premier of Western Australia (b. 1847) September 5 – Nikolay Maklakov, Russian politician, former minister of the Interior (b. 1871) September 6 – Elizabeth Yates, New Zealand politician (b. 1845) September 8 Francis Mary of the Cross Jordan, German Roman Catholic priest and venerable (b. 1848) Mikael of Wollo, Ethiopian army commander and Ras of Wollo (b. 1850) September 12 – Sir George Reid, 4th Prime Minister of Australia (b. 1845) September 13 – Eduard, Duke of Anhalt (b. 1861) September 16 – Maurice Boyau, French World War I fighter ace (killed in action) (b. 1888) September 18 – Joseph Frank Wehner, American World War I fighter ace (killed in action) (b. 1895)[64] September 20 – Prince Erik, Duke of Västmanland (b. 1889), Spanish flu September 27 – Fritz Rumey, German World War I fighter ace (killed in action) (b. 1891) September 28 True Boardman, American actor (b. 1882), Spanish flu Georg Simmel, German sociologist, philosopher (b. 1858) Freddie Stowers, American soldier (killed in action) (b. 1896) September 29 – Frank Luke, American World War I fighter ace (killed in action) (b. 1897) October 4 – Nikolai Skrydlov, Russian admiral (b. 1844) October 5 Roland Garros, French fighter pilot (killed in action) (b. 1888) Robbie Ross, British writer (b. 1869) October 6 – Arthur O'Hara Wood, Australian tennis champion and fighter pilot (killed in action) (b. 1890) October 7 – Sir Hubert Parry, British composer (b. 1848), Spanish flu October 8 – Mikhail Alekseyev, Russian general (b. 1857) October 9 – Raymond Duchamp-Villon, French sculptor (b. 1876) October 11 – Wallace Lloyd Algie, Canadian soldier (killed in action) (b. 1891) October 15 – Sai Baba of Shirdi, Indian guru, yogi and National saint of India (b. 1838) October 16 – Felix Arndt, American pianist, composer (b. 1889), Spanish flu October 18 Radko Dimitriev, Bulgarian, Russian general (executed) (b. 1859) Jildo Irwa, Ugandan Roman Catholic martyr and saint (executed) (b. 1906) Daudo Okelo, Ugandan Roman Catholic martyr and saint (executed) (b. ca. 1900) Nikolai Ruzsky, Russian general (executed) (b. 1854) October 19 Harold Lockwood, American actor (b. 1887), Spanish flu Prince Umberto, Count of Salemi (b. 1889), Spanish flu October 24 César Ritz, Swiss hotelier (b. 1850) Daniel Burley Woolfall, English administrator, 2nd President of FIFA (b. 1852) October 25 – Amadeo de Souza Cardoso, Portuguese painter (b. 1887), Spanish flu October 29 Michel Coiffard, French World War I fighter ace (killed in action) (b. 1892) Rudolf Tobias, Estonian composer (b. 1873) October 31 Egon Schiele, Austrian artist (b. 1890), Spanish flu István Tisza, 2-time Prime Minister of Hungary (assassinated) (b. 1861) Wilfred Owen November 1 – Vladimir Vasilyevich Smirnov, Russian general (executed) (b. 1849) November 2 – Hugh Cairns, Canadian soldier (b. 1896) November 4 Wilfred Owen, British poet, soldier (killed in action) (b. 1893) Andrew Dickson White, American academic and diplomat, co-founder of Cornell University (b. 1832) November 5 Samuel Liddell MacGregor Mathers, British occultist (b. 1854), Spanish flu William Shea, British actor (b. 1856) November 6 – Alan Arnett McLeod, Canadian soldier (b. 1899), Spanish flu November 9 Guillaume Apollinaire, French poet (b. 1880), Spanish flu Albert Ballin, German shipping magnate (b. 1857) Sir Peter Lumsden, British general in the Indian Army (b. 1829) November 11 Victor Adler, Austrian politician (b. 1852) George Lawrence Price, last Commonwealth soldier to die in WWI (b. 1892) November 12 – Aleksei Evert, Russian general (executed) (b. 1857; may have died in 1926) November 14 – Matti Lonkainen, Finnish politician (b. 1874)[65] November 15 – Sir Robert Anderson, British police officer (b. 1841), Spanish flu November 19 – Joseph F. Smith, 6th President of The Church of Jesus Christ of Latter-day Saints (b. 1838) November 20 – John Bauer, Swedish painter (b. 1882) November 22 – Rose Cleveland, de facto First Lady of the United States (b. 1846), Spanish flu November 23 – Fritz von Below, German general (b. 1853) November 30 – Karl Petrovich Jessen, Russian admiral (b. 1852) Sidónio Pais Sultan Ali bin Hamud of Zanzibar December 2 – Edmond Rostand, French writer (b. 1868), Spanish flu December 4 – Princess Teriivaetua of Tahiti (b. 1869), Spanish flu December 5 – Schalk Willem Burger, Boer military leader, lawyer, politician, statesman, and acting President of the South African Republic (1900-1902) (b. 1852) December 9 – Samuel Swett Green, American library pioneer (b. 1837) December 11 – Ivan Cankar, Slovenian writer (b. 1876), Spanish flu December 13 – Emory Speer, American politician, jurist, and United States district judge from 1885 until 1918 (b. 1848) December 14 – Sidónio Pais, Portuguese politician, general, diplomat, 66th Prime Minister of Portugal and 4th President of Portugal (b. 1872), assassinated December 20 – Sultan Ali bin Hamud of Zanzibar (b. 1884) December 21 – Prince Konrad of Hohenlohe-Waldenburg-Schillingsfürst, Austrian statesman, former Prime Minister (b. 1863) December 28 – Olavo Bilac, Brazilian poet (b. 1865) Spring – Vyacheslav Troyanov, Russian general (b. 1875) Yakov Zhilinsky, Russian general (b. 1853) Physics – Max Planck Chemistry – Fritz Haber[66] Medicine – not awarded Literature – not awarded Peace – not awarded ^ Barry, John M. (2005). The Great Influenza; The Story of the Deadliest Pandemic in History. New York: Penguin Books. ISBN 978-0143036494. ^ "Historical Concert for the Benefit of Widows and Orphans". World Digital Library. February 10, 2014. Retrieved June 22, 2014. ^ Penguin Pocket On This Day. Penguin Reference Library. 2006. ISBN 0-14-102715-0. ^ Engdahl, E. R.; Vallaseñor, A. (2002). "Global seismicity: 1900–1999" (PDF). International Handbook of Earthquake & Engineering Seismology. Part A, Volume 81A (First ed.). Academic Press. p. 674. ISBN 978-0124406520. ^ Shores, Christopher (1969). Finnish Air Force, 1918–1968. Reading, Berkshire, UK: Osprey Publications Ltd. p. 3. ISBN 978-0668021210. ^ a b 100 years ago today: Reds take Tampere, Finnish Civil War begins – Yle News, January 27, 2018. Retrieved October 6, 2021. ^ Palmer, Alan; Palmer, Veronica (1992). The Chronology of British History. London: Century Ltd. pp. 355–356. ISBN 0-7126-5616-2. ^ Royal Canadian Legion Branch # 138."2-Minute Wave of Silence" Revives a Time-honoured Tradition. Accessed on 5 June 2014. ^ The first was from Allahabad to Naini Junction in India on 18 February 1911, and the second from London to Windsor Castle on 22 June 1911. ^ "Women's Right to Vote in Canada". lop.parl.ca. Retrieved February 22, 2018. ^ "La Grippe Espagnole de 1918". Institut Pasteur. Archived from the original on June 4, 2011. Retrieved May 3, 2011. ^ "CROWDS SEE OPENING OF TRADE EXPOSITION; Police Commissioner Enright Receives Keys for City at Formal Opening. PERMANENT SHOW PLANNED Borough President Bruckner Thanks Promoters for Choosing Site in the Bronx". The New York Times. June 30, 1918. ISSN 0362-4331. Retrieved October 2, 2019. ^ "Carpathia Sunk; 5 of Crew Killed" (PDF). The New York Times. July 20, 1918. p. 4. ^ Klim, Jake (2014). Attack on Orleans: The World War I submarine raid on Cape Cod. The History Press. ISBN 9781625850348. OCLC 883673275. ^ David S. Foglesong (2014), "Fighting, But Not At War", America's Secret War Against Bolshevism: U.S. Intervention in the Russian Civil War 1917–1920, UNC Press Books, ISBN 978-1469611136 ^ "Warilda". Uboat.net. Retrieved December 17, 2012. ^ Lichfield, John (July 7, 2014). "A History of the First World War in 100 Moments: The 'blackest day' of the German army". The Independent. London. Archived from the original on May 1, 2022. Retrieved July 7, 2014. ^ Lyandres, Semion (Autumn 1989). "The 1918 Attempt on the Life of Lenin: A New Look at the Evidence". Slavic Review. 48 (3). Cambridge University Press: 432–448. doi:10.2307/2498997. JSTOR 2498997. S2CID 155228899. ^ Werth, Nicolas; Bartosek, Karel; Panne, Jean-Louis; Margolin, Jean-Louis; Paczkowski, Andrzej; Courtois, Stephane (1999). The Black Book of Communism: Crimes, Terror, Repression. Cambridge, MA: Harvard University Press. p. 74. ISBN 0-674-07608-7. ^ "Luxembourg's history : Mutiny in the Grand Duchy". today.rtl.lu. Retrieved April 23, 2024. ^ Pitt, Barrie (2003). 1918: The Last Act. Barnsley: Pen and Sword. ISBN 0-85052-974-3. ^ Massie, Robert K. (2004). Castles of Steel: Britain, Germany, and the Winning of the Great War at Sea. New York: Ballantine Books. ISBN 0-345-40878-0. ^ Biger, Gideon (2004). The Boundaries of Modern Palestine, 1840–1947. London: Routledge. pp. 55, 164. ISBN 978-0-7146-5654-0. Retrieved May 2, 2009. ^ "Unification of Montenegro and Serbia (1918) - Podgorica's Assembly". Montenet. Retrieved December 17, 2017. ^ a b "Serbia ends union with Montenegro". The Irish Times. June 5, 2006. Retrieved June 9, 2021. ^ Wainwright, Martin (August 23, 2010). "British warships sunk 90 years ago found off Estonian coast". The Guardian. London. Retrieved August 24, 2010. ^ Huldén, Anders: Kuningasseikkailu Suomessa 1918. Helsinki: Kirjayhtymä, 1988. ISBN 951-26-2980-1. Page 189 ^ Wilson, Alexandra (2007). The Puccini Problem. Cambridge: Cambridge University Press. p. 178. ISBN 978-0-521-85688-1. ^ Ward, Margaret (1983). Unmanageable Revolutionaries: Women and Irish nationalism. London: Pluto Press. p. 137. ISBN 0-86104-700-1. ^ Gussow, Mel (April 27, 1996). "Stirling Silliphant, 78, Writer; Won 'Heat of the Night' Oscar". The New York Times. ^ Shapiro, T. Rees (January 10, 2011). "Obituary: Richard 'Dick' Winters, courageous WWII officer portrayed in 'Band of Brothers'". Washington Post. Retrieved January 7, 2018. ^ Avery, Mary Ellen (2008). "Gertrude Belle Elion. 23 January 1918 – 21 February 1999". Biographical Memoirs of Fellows of the Royal Society. 54: 161–168. doi:10.1098/rsbm.2007.0051. ^ Traue, J. E., ed. (1978). Who's Who in New Zealand (11th ed.). Wellington: Reed. p. 120. ISBN 0-589-01113-8. ^ Tobin, James. "Autobiography", published in Nobel Lectures. Economics 1981–1990, Editor Karl-Göran Mäler, World Scientific Publishing Co., Singapore, 1992 ^ "Mickey Spillane, 88, Critic-Proof Writer of Pulpy Mike Hammer Novels, Dies". The New York Times. July 18, 2006. ^ Glueck, Grace (February 2, 1989). "Elaine de Kooning, Artist and Teacher, Dies at 68". New York Times. ^ Wilford, John Noble (August 28, 1998). "Frederick Reines Dies at 80; Nobelist Discovered Neutrino". The New York Times. Retrieved October 24, 2021. ^ McFadden, Robert D. (February 4, 2015). "Mary Healy, Actress and Singer, Dies at 96". The New York Times. Retrieved February 5, 2015. ^ Jeremy Pearce (August 7, 2007). "Kai Siegbahn, Swedish Physicist, Dies at 89". The New York Times. ^ Wepman, Dennis. "Paar, Jack", American National Biography Online, Oxford University Press (Oxford, England). Retrieved January 8, 2019. ^ "Richard P. Feynman – Biographical". The Nobel Foundation. Archived from the original on July 1, 2006. Retrieved April 23, 2013. ^ Bernstein, Adam (October 21, 2009). "Accomplished Broadway actor immortalized Bond's Dr. No". washingtonpost.com. Retrieved December 19, 2010. ^ Brian Glanville (April 15, 2000). "Wilf Mannion". Obituary. The Guardian. Retrieved September 12, 2014. ^ Blyth, Alan; Barker, Frank Granville (January 12, 2006). "Obituary: Birgit Nilsson". The Guardian. Archived from the original on October 25, 2017. Retrieved April 29, 2018. ^ Saxon, Wolfgang (July 31, 2005). "Cicely Saunders Dies at 87; Reshaped End-of-Life Care". The New York Times. Retrieved June 22, 2018. ^ Litsky, Frank (May 5, 2017). "Adolph Kiefer, a Gold Medal Backstroker in the 1936 Olympics, Dies at 98". The New York Times. ISSN 0362-4331. Retrieved May 8, 2017. ^ "T.M. Aluko | Nigerian author". Encyclopedia Britannica. Retrieved May 28, 2020. ^ Rothstein, Mervyn (July 30, 2007). "Ingmar Bergman, Master Director, Dies at 89". The New York Times. ISSN 0362-4331. Retrieved July 31, 2007. ^ Katie Hafner, "Jay W. Forrester Dies at 98; a Pioneer in Computer Models", The New York Times, November 17, 2016. ^ Mandela, Nelson (2004) [1994]. Long Walk to Freedom Volume II: 1962–1994 (large print ed.). London: BBC AudioBooks and Time Warner Books Ltd. p. 3. ISBN 978-0-7540-8724-3. ^ Keepnews, Peter (May 17, 2010), "Hank Jones, Versatile Jazz Pianist, Is Dead at 91", The New York Times. ^ Fountain, Nigel (February 24, 2020). "Katherine Johnson obituary". The Guardian. ISSN 0261-3077. Archived from the original on February 26, 2020. Retrieved February 26, 2020. ^ Singh, K. Brahma (1990). History of Jammu and Kashmir Rifles, 1820-1956: The State Force Background. Lancer International. ISBN 978-81-7062-091-4. ^ "Efrem Zimbalist Jr., Star of '77 Sunset Strip' and 'The F.B.I.', Dies at 95". The New York Times. May 3, 2014. Retrieved June 9, 2018. ^ Panzer, Stephanie; Gill-Frerking, Heather; Rosendahl, Wilfried; Zink, Albert R.; Piombino-Mascali, Dario (2013). "Multidetector CT investigation of the mummy of Rosalia Lombardo (1918–1920)". Annals of Anatomy. 195 (5): 401–408. doi:10.1016/j.aanat.2013.03.009. PMID 23725823. ^ Kandell, Jonathan (June 14, 2007). "Kurt Waldheim dies at 88; ex-UN chief hid Nazi past". The New York Times. Retrieved October 18, 2022. ^ Mansour Khalid (October 12, 2012). War & Peace In The Sudan. Routledge. p. 65. ISBN 978-1-136-17924-2. ^ "William Hope Hodgson". www.fantasticfiction.com. ^ "Person: Merinen, Juho Rikard". War Victims of Finland 1914–1922. Helsinki, Finland: National Archives of Finland. Retrieved July 23, 2023. ^ "Person: Hjulgrén, Edla Sofia". War Victims of Finland 1914–1922. Helsinki, Finland: National Archives of Finland. Retrieved December 27, 2023. ^ "Kansanedustajat: Wilho Laine" (in Finnish). Helsinki, Finland: Parliament of Finland. Archived from the original on October 16, 2014. Retrieved December 27, 2023. ^ "Admiral of the Fleet Sir Gerard Henry Uctred Noel GCB, KCMG". Admirals.org.uk. Retrieved December 23, 2014. ^ [On the life and work of Korbinian Brodmann (1868–1918)] ^ "Joseph Wehner". theaerodrome.com. Archived from the original on June 30, 2019. ^ "Person: Lonkainen, Matti". War Victims of Finland 1914–1922. Helsinki, Finland: National Archives of Finland. Retrieved December 16, 2023. ^ "These Nobel Prize Winners Weren't Always Noble". National Geographic News. October 6, 2015. Archived from the original on August 8, 2020. Retrieved January 19, 2021. Chandra, Siddharth, Julia Christensen, and Shimon Likhtman. "Connectivity and seasonality: the 1918 influenza and COVID-19 pandemics in global perspective." Journal of Global History 15.3 (2020): 408–420. Phillips, Howard. "'17,'18,'19: religion and science in three pandemics, 1817, 1918, and 2019." Journal of Global History 15.3 (2020): 434–443. Williams, John. The Other Battleground The Home Fronts: Britain, France and Germany 1914-1918 (1972) pp 243–92. New International Year Book 1918 (1919), Comprehensive coverage of world and national affairs, 904 pp Wickware. Francis Graham (1919). The American Year Book: A Record of Events and Progress... T. Nelson & Sons. Retrieved from " 3 > Su Mo Tu We Th Fr Sa 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 2025 May 4 in recent years 2025 (Sunday) 2024 (Saturday) 2023 (Thursday) 2022 (Wednesday) 2021 (Tuesday) 2020 (Monday) 2019 (Saturday) 2018 (Friday) 2017 (Thursday) 2016 (Wednesday) Day of the yearMay 4 is the 124th day of the year (125th in leap years) in the Gregorian calendar; 241 days remain until the end of the year. 1256 – The Augustinian monastic order is constituted at the Lecceto Monastery when Pope Alexander IV issues a papal bull Licet ecclesiae catholicae.[1] 1415 – Religious reformer John Wycliffe is condemned as a heretic at the Council of Constance.[2] 1436 – Assassination of the Swedish rebel (later national hero) Engelbrekt Engelbrektsson (27 April O.S.).[3] 1471 – Wars of the Roses: The Battle of Tewkesbury: Edward IV defeats a Lancastrian Army and kills Edward of Westminster, Prince of Wales.[4] 1493 – In the papal bull Inter caetera, Pope Alexander VI divides the New World between Spain and Portugal along the Line of Demarcation.[5] 1626 – Dutch explorer Peter Minuit arrives in New Netherland (present day Manhattan Island) aboard the See Meeuw.[6] 1738 – The Imperial Theatrical School, the first ballet school in Russia, is founded.[7] 1776 – Rhode Island becomes the first American colony to renounce allegiance to King George III.[8] 1799 – Fourth Anglo-Mysore War: The Battle of Seringapatam: The siege of Seringapatam ends when the city is invaded and Tipu Sultan killed by the besieging British army, under the command of General George Harris.[9] 1814 – Emperor Napoleon arrives at Portoferraio on the island of Elba to begin his exile.[10] 1814 – King Ferdinand VII abolishes the Spanish Constitution of 1812, returning Spain to absolutism.[11] 1836 – Formation of Ancient Order of Hibernians.[12] 1859 – The Cornwall Railway opens across the Royal Albert Bridge linking Devon and Cornwall in England.[13] 1869 – The four-day Naval Battle of Hakodate begins. The newly formed Imperial Japanese Navy defeats the remnants of the Tokugawa shogunate navy in the Sea of Japan off the city of Hakodate, leading to the surrender of the Ezo Republic on May 17.[14] 1871 – The National Association, the first professional baseball league, opens its first season in Fort Wayne, Indiana.[15] 1886 – Haymarket affair: In Chicago, United States, a homemade bomb is thrown at police officers trying to break up a labor rally, killing one officer. Ensuing gunfire leads to the deaths of a further seven officers and four civilians.[16] 1904 – The United States begins construction of the Panama Canal. 1910 – The Royal Canadian Navy is created.[17] 1912 – Italy occupies the Ottoman island of Rhodes. 1919 – May Fourth Movement: Student demonstrations take place in Tiananmen Square in Beijing, China, protesting the Treaty of Versailles, which transferred Chinese territory to Japan. 1926 – The United Kingdom general strike begins. 1927 – The Academy of Motion Picture Arts and Sciences is incorporated.[18] 1932 – Having been incarcerated at the Cook County Jail since his sentencing on October 24, 1931, mobster Al Capone is transferred to the federal penitentiary in Atlanta after the U.S. Supreme Court denies his appeal for conviction of tax evasion.[19] 1942 – World War II: The Battle of the Coral Sea begins with an attack by aircraft from the United States aircraft carrier USS Yorktown on Japanese naval forces at Tulagi Island in the Solomon Islands. The Japanese forces had invaded Tulagi the day before. 1945 – World War II: Neuengamme concentration camp near Hamburg is liberated by the British Army. 1945 – World War II: The German surrender at Lüneburg Heath is signed, coming into effect the following day. It encompasses all Wehrmacht units in the Netherlands, Denmark and northwest Germany. 1946 – In San Francisco Bay, U.S. Marines from the nearby Treasure Island Naval Base stop a two-day riot at Alcatraz Federal Penitentiary. Five people are killed in the riot. 1949 – The entire Torino football team (except for two players who did not take the trip: Sauro Tomà, due to an injury and Renato Gandolfi, because of coach request) is killed in a plane crash. 1953 – Ernest Hemingway wins the Pulitzer Prize for The Old Man and the Sea. 1959 – The 1st Annual Grammy Awards are held. 1961 – American civil rights movement: The "Freedom Riders" begin a bus trip through the South. 1961 – Malcolm Ross and Victor Prather attain a new altitude record for manned balloon flight ascending in the Strato-Lab V open gondola to 113,740 feet (34.67 km). 1970 – Vietnam War: Kent State shootings: The Ohio National Guard, sent to Kent State University after disturbances in the city of Kent the weekend before, opens fire killing four unarmed students and wounding nine others. The students were protesting the Cambodian Campaign of the United States and South Vietnam. 1972 – The Don't Make A Wave Committee, a fledgling environmental organization founded in Canada in 1971, officially changes its name to "Greenpeace Foundation". 1973 – The 108-story Sears Tower in Chicago is topped out at 1,451 feet (442 m) as the world's tallest building.[20] 1978 – The South African Defence Force attacks a SWAPO base at Cassinga in southern Angola, killing about 600 people.[21] 1979 – Margaret Thatcher becomes the first female Prime Minister of the United Kingdom. 1982 – Twenty sailors are killed when the British Type 42 destroyer HMS Sheffield is hit by an Argentinian Exocet missile during the Falklands War. 1988 – The PEPCON disaster rocks Henderson, Nevada, as tons of Space Shuttle fuel detonate during a fire. 1989 – Iran–Contra affair: Former White House aide Oliver North is convicted of three crimes and acquitted of nine other charges; the convictions are later overturned on appeal. 1989 – Space Shuttle Atlantis launches on mission STS-30 to deploy the Venus-bound Magellan space probe.[22] 1990 – Latvia declares independence from the Soviet Union. 1994 – Israeli Prime Minister Yitzhak Rabin and PLO leader Yasser Arafat sign a peace accord, granting self-rule in the Gaza Strip and Jericho. 1998 – A federal judge in Sacramento, California, gives "Unabomber" Theodore Kaczynski four life sentences plus 30 years after Kaczynski accepts a plea agreement sparing him from the death penalty. 2000 – Ken Livingstone becomes the first Mayor of London (an office separate from that of the Lord Mayor of London). 2002 – One hundred three people are killed and 51 are injured in a plane crash near Mallam Aminu Kano International Airport in Kano, Nigeria.[23] 2007 – Greensburg, Kansas is almost completely destroyed by the 2007 Greensburg tornado, a 1.7-mile wide EF5 tornado. It was the first-ever tornado to be rated as such with the new Enhanced Fujita scale. 2014 – Three people are killed and 62 injured in a pair of bombings on buses in Nairobi, Kenya.[24] 2019 – The inaugural all-female motorsport series, W Series, takes place at Hockenheimring. The race was won by Jamie Chadwick, who would go on to become the inaugural season's champion.[25] 2023 – Nine people are killed and thirteen injured in a spree shooting in Mladenovac and Smederevo, Serbia. It is the second mass shooting in the country in two days.[26][27][28] 1006 – Khwaja Abdullah Ansari, Persian mystic and poet (died 1088) 1559 – Alice Spencer, English noblewoman (died 1637) 1634 – Katherine Ferrers, English aristocrat and heiress (died 1660) 1649 – Chhatrasal, Indian ruler (died 1731) 1655 – Bartolomeo Cristofori, Italian instrument maker, invented the piano (died 1731) 1677 – Françoise-Marie de Bourbon, French noblewoman (died 1749) 1715 – Richard Graves, English minister and author (died 1804) 1733 – Jean-Charles de Borda, French mathematician, physicist, and sailor (died 1799) 1752 – John Brooks, American soldier and politician, 11th Governor of Massachusetts (died 1825) 1757 – Manuel Tolsá, Spanish sculptor and first director of the Academy of San Carlos in Mexico City (died 1816) 1767 – Tyagaraja, Indian composer (died 1847) 1770 – François Gérard, French painter (died 1837) 1772 – Friedrich Arnold Brockhaus, German publisher (died 1823) 1796 – Horace Mann, American educator and politician (died 1859) 1796 – William Pennington, American lawyer and politician, 13th Governor of New Jersey, 23rd Speaker of the United States House of Representatives (died 1862) 1796 – William H. Prescott, American historian and scholar (died 1859) 1820 – Julia Gardiner Tyler, American wife of John Tyler, 11th First Lady of the United States (died 1889) 1820 – John Whiteaker, American soldier, judge, and politician, 1st Governor of Oregon (died 1902) 1822 – Charles Boucher de Boucherville, Canadian physician and politician, 3rd Premier of Quebec (died 1915) 1825 – Thomas Henry Huxley, English biologist, anatomist, and academic (died 1895) 1825 – Augustus Le Plongeon, English-American historian, photographer, and academic (died 1908) 1826 – Frederic Edwin Church, American painter (died 1900) 1827 – John Hanning Speke, English soldier and explorer (died 1864) 1843 – Bianka Blume, German opera singer (died 1896)[29] 1851 – Thomas Dewing, American painter (died 1938) 1852 – Alice Liddell, English model (died 1934) 1883 – Wang Jingwei, Chinese politician (died 1944) 1884 – Richard Baggallay, English army officer and cricketer (died 1975)[30] 1887 – Andrew Dasburg, French-American painter (died 1979) 1889 – Francis Spellman, American cardinal (died 1967)[31] 1890 – Franklin Carmichael, Canadian painter (died 1945) 1902 – Ronnie Aird, English cricketer and administrator (died 1986) 1903 – Luther Adler, American actor (died 1984) 1905 – Al Dexter, American country singer-songwriter and guitarist (died 1984) 1907 – Lincoln Kirstein, American soldier and playwright, co-founded the New York City Ballet (died 1996) 1907 – Walter Walsh, American target shooter and FBI agent (died 2014) 1913 – Princess Katherine of Greece and Denmark (died 2007) 1914 – Maedayama Eigorō, Japanese sumo wrestler, the 39th Yokozuna (died 1971) 1916 – Jane Jacobs, American-Canadian journalist, author, and activist (died 2006) 1916 – Richard Proenneke, American soldier, carpenter, and meteorologist (died 2003) 1917 – Nick Joaquin, Filipino writer, journalist and historian (died 2004) 1918 – Kakuei Tanaka, Japanese soldier and politician, 64th Prime Minister of Japan (died 1993) 1921 – Edo Murtić, Croatian painter, sculptor, and illustrator (died 2005) 1922 – Eugenie Clark, American biologist and academic (died 2015) 1923 – Eric Sykes, British actor and comedian (died 2012) 1925 – Maurice R. Greenberg, American businessman and philanthropist 1928 – Maynard Ferguson, Canadian trumpet player and bandleader (died 2006) 1928 – Hosni Mubarak, Egyptian air marshal and politician, 4th President of Egypt (died 2020) 1928 – Betsy Rawls, American golfer (died 2023) 1929 – Manuel Contreras, Chilean general (died 2015) 1929 – Audrey Hepburn, Belgian-British actress and humanitarian (died 1993) 1930 – Katherine Jackson, matriarch of the Jackson family 1932 – Harlon Hill, American football player and coach (died 2013) 1937 – Ron Carter, American bassist and educator 1937 – Dick Dale, American surf-rock guitarist, singer, and songwriter (died 2019) 1938 – Carlos Monsiváis, Mexican journalist, author, and critic (died 2010) 1939 – Amos Oz, Israeli journalist and author (died 2018) 1940 – Robin Cook, American physician and author 1941 – George Will, American journalist and author 1943 – Georgi Asparuhov, Bulgarian footballer (died 1971) 1944 – Russi Taylor, American voice actress (died 2019) 1945 – Robert Machray, American actor (died 2025)[32][33] 1946 – John Barnard, English car designer 1946 – Gary Bauer, American political activist 1946 – John Watson, British race car driver 1948 – King George Tupou V of Tonga, (died 2012) 1951 – Colin Bass, English bass player, songwriter, and producer 1951 – Colleen Hanabusa, American lawyer and politician 1951 – Jackie Jackson, American singer-songwriter and dancer[34] 1952 – Belinda Green, Australian beauty queen and 1972 Miss World 1953 – Pia Zadora, American actress and singer 1954 – Ryan Cayabyab, Filipino pianist, composer, and conductor 1956 – Ken Oberkfell, American baseball player and coach 1957 – Kathy Kreiner, Canadian skier 1958 – Keith Haring, American painter (died 1990) 1958 – Caroline Spelman, English politician, Secretary of State for Environment, Food and Rural Affairs 1959 – Randy Travis, American singer-songwriter, guitarist, and actor 1960 – Werner Faymann, Austrian politician, 28th Chancellor of Austria 1961 – Jay Aston, English singer-songwriter and dancer 1967 – Kate Garraway, English journalist 1967 – Ana Gasteyer, American actress and singer 1970 – Will Arnett, Canadian actor and producer 1970 – Dawn Staley, American basketball player 1972 – Mike Dirnt, American bass player and songwriter 1972 – Chris Tomlin, American singer-songwriter[35] 1973 – Guillermo Barros Schelotto, Argentinian footballer and coach 1973 – John Madden, Canadian ice hockey player and coach 1974 – Tony McCoy, Northern Irish jockey and sportscaster 1975 – Kimora Lee Simmons, American model[36] 1978 – Erin Andrews, American sportscaster and journalist 1978 – Igor Biscan, Croatian footballer and manager 1978 – James Harrison, American football player[37] 1979 – Lance Bass, American singer, dancer, and producer 1979 – Lesley Vainikolo, Tongan rugby player 1980 – Andrew Raycroft, Canadian ice hockey player 1981 – Eric Djemba-Djemba, Cameroon footballer 1981 – Ruth Negga, Ethiopian-Irish actress[38][39] 1981 – Dallon Weekes, American singer-songwriter and musician 1983 – Derek Roy, Canadian ice hockey player 1984 – Brad Maddox, American wrestler and referee 1985 – Ravi Bopara, English cricketer 1985 – Fernandinho, Brazilian footballer 1985 – Jamie Adenuga, English MC and rapper 1986 – Devan Dubnyk, Canadian ice hockey player 1986 – George Hill, American basketball player 1987 – Cesc Fàbregas, Spanish footballer and manager 1987 – Jorge Lorenzo, Spanish motorcycle racer 1988 – Radja Nainggolan, Belgian footballer 1989 – Rory McIlroy, Northern Irish golfer 1989 – James van Riemsdyk, American ice hockey player 1991 – Brianne Jenner, Canadian women's ice hockey player 1992 – Victor Oladipo, American basketball player 1994 – Abi Masatora, Japanese sumo wrestler 1994 – Joseph Tapine, New Zealand rugby league player 1998 – Alexander O'Connor, English musician[40] 408 – Venerius, archbishop of Milan 784 – Arbeo, bishop of Freising 1003 – Herman II, duke of Swabia 1038 – Gotthard of Hildesheim, German bishop (born 960) 1406 – Coluccio Salutati, chancellor of Florence (born 1331) 1436 – Engelbrekt Engelbrektsson, Swedish rebel leader (27 April O.S.).[41] 1471 – Edward of Westminster, Prince of Wales, son and heir of Henry VI of England (born 1453) 1483 – George Neville, Duke of Bedford (born 1457) 1506 – Husayn Mirza Bayqara, Timurid ruler of Herat (born 1438) 1519 – Lorenzo de' Medici, duke of Urbino (born 1492)[42] 1535 – John Houghton, Carthusian monk and saint 1562 – Lelio Sozzini, Italian Protestant theologian (born 1525) 1566 – Luca Ghini, Italian physician and botanist (born 1490) 1571 – Pierre Viret, Swiss theologian and reformer (born 1511) 1604 – Claudio Merulo, Italian organist and composer (born 1533) 1605 – Ulisse Aldrovandi, Italian naturalist (born 1522) 1615 – Adriaan van Roomen, Flemish priest and mathematician (born 1561) 1626 – Arthur Lake, English bishop and scholar (born 1569) 1677 – Isaac Barrow, English mathematician and theologian (born 1630) 1684 – John Nevison, English criminal (born 1639) 1729 – Louis Antoine de Noailles, French cardinal (born 1651) 1734 – James Thornhill, English painter and politician (born 1675) 1737 – Eustace Budgell, English journalist and politician (born 1686) 1774 – Anthony Ulrich of Brunswick, Prussian nobleman (born 1714) 1776 – Jacques Saly, French painter and sculptor (born 1717) 1790 – Matthew Tilghman, American politician (born 1718) 1799 – Tipu, ruler of Mysore (born 1750) 1811 – Nikolay Kamensky, Russian general (born 1776) 1816 – Samuel Dexter, American lawyer and politician, 4th United States Secretary of War, 3rd United States Secretary of the Treasury (born 1761) 1824 – Joseph Joubert, French author (born 1754) 1826 – Sebastián Kindelán y O'Regan, colonial governor of East Florida, Santo Domingo and Cuba (born 1757)[43] 1839 – Denis Davydov, Russian general and poet (born 1784) 1859 – Joseph Diaz Gergonne, French mathematician and philosopher (born 1771) 1880 – Edward Clark, American lawyer and politician, 8th Governor of Texas (born 1815) 1901 – John Jones Ross, Canadian

lawyer and politician, 7th Premier of Quebec (born 1831) 1903 – Gotse Delchev, Macedonian Bulgarian revolutionary IMRO (born 1872) 1912 – Nettie Stevens, American geneticist credited with discovering sex chromosomes (born 1861)[44] 1916 – Ned Daly, Irish rebel commander (Easter Rising) (born 1891) 1916 – John Murray, Australian politician, 23rd Premier of Victoria (born 1851) 1916 – Willie Pearse, Irish rebel (born 1881) 1916 – Joseph Plunkett, Irish rebel and writer (born 1887) 1919 – Milan Rastislav Štefánik, Slovak general and politician (born 1880) 1922 – Viktor Kingissepp, Estonian politician (born 1888) 1923 – Ralph McKittrick, American golfer and tennis player (born 1877) 1924 – E. Nesbit, English author and poet (born 1858) 1937 – Gina Oselio, Norwegian opera singer (born 1858).[45] 1938 – Kanō Jigorō, Japanese founder of judo (born 1860) 1938 – Carl von Ossietzky, German journalist and activist, Nobel Prize laureate (born 1889) 1941 – Chris McKivat, Australian rugby player and coach (born 1880) 1945 – Fedor von Bock, German field marshal (born 1880) 1953 – Alexandre Pharamond, French rugby player (born 1876)[46] 1955 – George Enescu, Romanian pianist, composer, and conductor (born 1881) 1964 – Karl Robert Pusta, Estonian politician, 4th Estonian Minister of Foreign Affairs (born 1883) 1969 – Osbert Sitwell, English-Italian author and poet (born 1892) 1971 – William Brown Meloney, writer and theatrical producer (born 1902)[47] 1972 – Father Chrysanthus, Dutch arachnologist (born 1905)[48] 1972 – Edward Calvin Kendall, American chemist and academic, Nobel Prize laureate (born 1886) 1973 – Jane Bowles, American author and playwright (born 1917) 1975 – Moe Howard, American actor, singer, and screenwriter (born 1897) 1976 – Frank Strahan, Australian public servant (born 1886) 1980 – Josip Broz Tito, Yugoslav field marshal and politician, 1st President of Yugoslavia (born 1892) 1981 – C. Loganathan, Sri Lankan banker (born 1913) 1983 – Nino Sanzogno, Italian conductor and composer (born 1911) 1984 – Diana Dors, English actress (born 1931) 1985 – Fikri Sönmez, Turkish tailor and politician (born 1938) 1985 – Clarence Wiseman, English-Canadian 10th General of The Salvation Army (born 1907) 1987 – Paul Butterfield, American singer and harmonica player (born 1942)[49] 1987 – Cathryn Damon, American actress (born 1930) 1988 – Lillian Estelle Fisher, American historian of Spanish America (born 1891) 1990 – Emily Remler, American guitarist (born 1957) 1991 – Mohammed Abdel Wahab, Egyptian singer-songwriter and mandolin player (born 1902) 1992 – Gregor Mackenzie, Scottish politician (born 1927) 1993 – France Štiglic, Slovenian film director and screenwriter (born 1919) 1995 – Connie Wisniewski, American baseball player (born 1922)[50] 2000 – Hendrik Casimir, Dutch physicist and academic (born 1909) 2001 – Bonnie Lee Bakley, American model, wife of Robert Blake (born 1956) 2004 – David Reimer, Canadian man, born male but reassigned female and raised as a girl after a botched circumcision (born 1965)[51] 2005 – David Hackworth, American colonel and journalist (born 1930) 2008 – Fred Baur, American chemist and founder of Pringles (born 1918)[52] 2009 – Dom DeLuise, American actor, director, and producer (born 1933) 2011 – Sammy McCrory, Northern Irish footballer (born 1924) 2012 – Mort Lindsey, American pianist, composer, and conductor (born 1923) 2012 – Bob Stewart, American television producer, founded Stewart Tele Enterprises (born 1920) 2012 – Adam Yauch, American rapper and director (born 1964) 2012 – Rashidi Yekini, Nigerian footballer (born 1963) 2013 – Otis Bowen, American physician and politician, 44th Governor of Indiana (born 1918) 2013 – Christian de Duve, English-Belgian cytologist and biochemist, Nobel Prize laureate (born 1917) 2013 – Javier Diez Canseco, Peruvian sociologist and politician (born 1948) 2013 – Mario Machado, Chinese-American journalist and actor (born 1935) 2013 – Morgan Morgan-Giles, English admiral and politician (born 1914) 2013 – César Portillo de la Luz, Cuban guitarist and composer (born 1922) 2014 – Dick Ayers, American author and illustrator (born 1924) 2014 – Elena Baltacha, Ukrainian-Scottish tennis player (born 1983) 2014 – Edgar Cortright, American scientist and engineer (born 1923) 2014 – Helga Königsdorf, German physicist and author (born 1938) 2014 – Ross Lonsberry, Canadian-American ice hockey player (born 1947) 2014 – Jean-Paul Ngoupandé, Central African politician, Prime Minister of the Central African Republic (born 1948) 2015 – William Bast, American screenwriter and author (born 1931) 2015 – Ellen Albertini Dow, American actress (born 1913) 2015 – Marv Hubbard, American football player (born 1946)[53] 2016 – Jean-Baptiste Bagaza, Burundian politician (born 1946) 2020 – Don Shula, American football player and coach (born 1930)[54] 2020 – Greg Zanis, American carpenter and activist (born 1950)[55] 2021 – Nick Kamen, English model, songwriter (born 1962)[56] 2024 – Ron Kavana, Irish singer, songwriter, guitarist and band leader (born 1950)[57] 2024 – Frank Stella, American painter (born 1936)[58] Anti-Bullying Day (United Nations) Bird Day (United States) Cassinga Day (Namibia) Christian feast day: Blessed Ceferino Giménez Malla Blessed Michał Giedroyć English Saints and Martyrs of the Reformation Era (Church of England) F. C. D. Wyneken (Lutheran Church–Missouri Synod) Florian José María Rubio Judas Cyriacus Monica of Hippo (1960 Roman Catholic Calendar) Sacerdos of Limoges Venerius of Milan May 4 (Eastern Orthodox liturgics) Coal Miners Day (India)[59] Death of Milan Rastislav Štefánik Day (Slovakia) Greenery Day (Japan) International Firefighters' Day May Fourth Movement commemorations: Literary Day (Republic of China) Youth Day (China) Remembrance Day for Martyrs and Disabled (Afghanistan) Remembrance of the Dead (Netherlands) Restoration of Independence Day (Latvia) Star Wars Day (International observance) World Give Day Youth Day (Fiji)

^ Flannery, John M. (2013). The Mission of the Portuguese Augustinians to Persia and Beyond (1602-1747). Lieden: Brill. p. 40. ISBN 9789004243828. ^ Bray, Gerald (2018). "On the Truth of Holy Scripture (1377-1378) John Wycliffe (c. 1328-1384)". In Kapic, Kelly M.; Madueme, Hans (eds.). Reading Christian Theology in the Protestant Tradition. London: Bloomsbury T&T Clark. p. 290. ISBN 9780567566768; Christianson, Gerald (2012). "Wyclif's Ghost: The Politics of Reunion at the Council of Basel". Reform, Representation and Theology in Nicholas of Cusa and His Age. New York: Taylor & Francis. p. 91. ISBN 9781003420835; Fastiggi, Robert L. (2017). The Sacrament of Reconciliation: An Anthropological and Scriptural Understanding. Chicago: Hillenbrand Books. p. 96, fn. 17. ISBN 9781595250438. ^ Riis, Thomas (2015). "The States of Scandinavia, c. 1390-c. 1536". In Allmand, Christopher (ed.). The New Cambridge Medieval History. Volume VII: c.1415-c. 1500. Cambridge, UK: Cambridge University Press. p. 682. ISBN 9781107568914; Harrison, Dick (1997). "Murder and Execution within the Political Sphere in Fifteenth-century Scandinavia". Scandia. 63 (2): 261. ^ Panton, Kenneth J. (2011). Historical Dictionary of the British Monarchy. Lanham, Md.: Scarecrow Press. pp. 159, 167. ISBN 9780810857797. ^ Hébié, Mamadou (2018). "The Acquisition of Original Titles of Territorial Sovereignty in the Law and Practice of European Colonial Expansion". In Kohen, Marcelo G.; Hébié, Mamadou (eds.). Research Handbook on Territorial Disputes in International Law. Cheltenham, UK: Edward Elgar Publishing. pp. 48–50. ISBN 9781782546863. ^ Kroessler, Jeffrey A. (2002). New York Year By Year: A Chronology of the Great Metropolis. New York: New York University Press. p. 9. ISBN 9780814747513. ^ Snodgrass, Mary Ellen (2015). The Encyclopedia of World Ballet. Lanham, Md.: Rowman & Littlefield. p. 175. ISBN 9781442245259. ^ Lippitt, Charles Warren (1906). The Rhode Island Declaration of Independence, May 4 1776. Providence, R.I: Rhode Island Citizens Historical Association. p. 30. OCLC 1599182. ^ Rosenberg, Chaim M. (2017). Losing America, Conquering India: Lord Cornwallis and the Remaking of the British Empire. Jefferson, N.C.: McFarland & Company. p. 130. ISBN 9781476668123. ^ Maclachlan, Archibald Neil Campbell (1869). Napoleon at Fontainebleau and Elba: Being a Journal of Occurrences in 1814-1815. London: J. Murray. pp. 214–216. OCLC 2580699. ^ Piqueras, José Antonio (2020). "The End of the Legal Slave Trade in Cuba and the Second Slavery". In Tomich, Dale W. (ed.). Atlantic Transformations: Empire, Politics, and Slavery During the Nineteenth Century. Albany, N.Y.: State University of New York Press. p. 83. ISBN 9781438477855. ^ Watson, William E.; Halus, Eugene J. (2015). Irish Americans: The History and Culture of a People. Santa Barbara, Calif.: ABC-CLIO. p. 171. ISBN 9781610694667. ^ Campbell, J.M. (November 1958). "Some New Brunel Letters". The Journal of Transport History (4): 201. doi:10.1177/002252665800300403. ^ Tucker, Spencer C. (2017). The Roots and Consequences of Civil Wars and Revolutions: Conflicts That Changed World History. Santa Barbara, Calif.: ABC=CLIO. pp. 269–270. ISBN 9781440842931. ^ Thorn, John (2012). Baseball in the Garden of Eden: The Secret History of the Early Game. New York: Simon & Schuster. p. 151. ISBN 9780743294041. ^ Green, James R. (2006). Death in the Haymarket: A Story of Chicago, the First Labor Movement, and the Bombing That Divided Gilded Age America. New York: Pantheon Books. pp. 5–8. ISBN 9780375422379. ^ "Naval Service Act | The Canadian Encyclopedia". www.thecanadianencyclopedia.ca. Retrieved 4 May 2022. ^ Robert Osborne (1989). 60 Years of The Oscar. Abbeville Press. p. 8. ^ "Capone in Jail; Prison Next". Chicago Tribune. October 25, 1931. pp. 1–2; Manly, Chesly (May 4, 1932). "Capone Speeds to Atlanta". Chicago Tribune. pp. 1–2. ^ Norris McWhirter; Ross McWhirter (1994). The Guinness Book of Records. Guinness Superlatives. p. 98. ISBN 9780851125121. ^ "Cassinga Day 2021, 2022 and 2023 in Namibia". PublicHolidays.africa. Retrieved January 18, 2021. ^ Legler, Robert D.; Floyd V., Bennett (September 2011). "Space Shuttle Missions Summary" (PDF). Scientific and Technical Information (STI) Program Office. NASA. pp. 2–32. Archived from the original (PDF) on May 12, 2020. This article incorporates text from this source, which is in the public domain. ^ Ranter, Harro. "ASN Aircraft accident BAC One-Eleven 525FT 5N-ESF Kano-Aminu Kano International Airport (KAN)". aviation-safety.net. Aviation Safety Network. Retrieved 2022-05-03. ^ Nairobi, Associated Press in (2014-05-04). "Bus bombing in Nairobi leaves at least three dead". The Guardian. Retrieved 2021-05-22. ^ "Hockenheim W Series: Jamie Chadwick wins inaugural race". www.autosport.com. 4 May 2019. Retrieved 2021-06-26. ^ Marjanovic, Uros; Paunovic, Jelena; Bilic, Nikola (5 May 2023). "10 žrtava pomahnitalog Uroša, upucao 25: Jauci paraju nebo nad dva sela kod Mladenovca" [10 victims of crazed Uroš, shot 25: Screams tear the sky over two villages near Mladenovac]. Telegraf (in Serbian). Retrieved 4 May 2023. ^ Bubalo, Mattea; Gozzi, Laura (5 May 2023). "Suspect arrested after second mass shooting in Serbia". BBC News. Retrieved 5 May 2023. ^ Vaš, Gordana (2023-06-23). "Preminuo jedan od povređenih u masovnoj pucnjavi u Malom Orašju". N1 (in Serbian). Retrieved 2023-06-23. ^ Kutsch, Karl-Josef; Riemens, Leo; Rost, Hansjörg (22 February 2012). Großes Sängerlexikon Volume 4 (in German). De Gruyter. p. 456. ISBN 9783598440885. ^ "Obituaries in 1975". ESPNCricinfo. Wisden. 19 December 2005. Retrieved 4 May 2021. ^ Fogarty, Gerald P. (2000). Spellman, Francis Joseph (1889-1967), Roman Catholic prelate. doi:10.1093/anb/9780198606697.article.0801438. ISBN 978-0-19-860669-7. Retrieved May 4, 2021. {{cite book}}: |website= ignored (help) ^ "Robert Machray Ward". Neptune Society. Retrieved January 13, 2025. ^ Barnes, Mike (January 14, 2025). "Robert Machray, Veteran Stage Actor and Fire Marshal Dobbins on 'Cheers,' Dies at 79". The Hollywood Reporter. Retrieved January 14, 2025. ^ Brackett, David (2001). "Jackson Five". Grove Music Online (8th ed.). Oxford University Press. doi:10.1093/gmo/9781561592630.article.46615. ISBN 978-1-56159-263-0. ^ Hollabaugh, Lorie (27 August 2018). "Chris Tomlin To Headline Hollywood Bowl In May". MusicRow. Retrieved 27 April 2023. ^ Cho, Diane J. "Notable Figures & Moments in AAPI History to Celebrate This Week, May 1 to 10". people.com. People. Retrieved 6 May 2024. ^ "James Harrison". ESPN. Retrieved 27 April 2023. ^ Negga, Ruth (2017-05-04). Tonchi, Stefano (ed.). "Ruth Negga Reveals She's Embarrassed By Her Birthday And Doesn't Know Why". W (Video interview). Interviewed by Lynn Hirschberg. Condé Nast (publ.). ISSN 0162-9115. OCLC 1781845. Retrieved 2024-01-14. Lynn: 'What month were you born?' Ruth: 'May...May 4th.' ^ Lewis, Tim (2017-01-29). Viner, Katharine (ed.). "Ruth Negga: 'There are films that really mark you. Loving is one of those for me.'". The Guardian. eISSN 1756-3224. ISSN 0261-3077. OCLC 60623878. Retrieved 2024-01-13. ...a huge deal for a little-known, 35-year-old Ethiopian-Irish actor. ^ @rexorangecounty. "thanks for the birthday wishes". instagram.com. Instagram. Retrieved 6 May 2024. ^ Riis, Thomas (2015). "The States of Scandinavia, c. 1390-c. 1536". In Allmand, Christopher (ed.). The New Cambridge Medieval History. Volume VII: c.1415-c. 1500. Cambridge, UK: Cambridge University Press. p. 682. ISBN 9781107568914; Harrison, Dick (1997). "Murder and Execution within the Political Sphere in Fifteenth-century Scandinavia". Scandia. 63 (2): 261. ^ "Lorenzo di Piero de' Medici, duca di Urbino | Italian ruler". Encyclopedia Britannica. Retrieved 18 January 2021. ^ Vicente de Cadenas y Vicent (1995). Pleitos de hidalguía que se conservan en el Archivo de la Real Chancillería de Valladolid: Maceira-Martinez Ballesteros. Ediciones Hidalguia. p. 23. ISBN 978-84-87204-69-2. Retrieved 19 July 2013. ^ "Nettie Stevens | American biologist and geneticist". Encyclopedia Britannica. Retrieved 2019-08-12. ^ Haavet, Inger Elisabeth (25 November 2024). "Gina Oselio". In Helle, Knut (ed.). Norsk biografisk leksikon (in Norwegian). Oslo: Kunnskapsforlaget. Retrieved 2 April 2025. ^ Mallon, Bill (11 July 2015). The 1900 Olympic Games: Results for All Competitors in All Events, with Commentary. McFarland. p. 276. ISBN 978-0-7864-8952-7. ^ "William Brown Meloney Dead; Author and Stage Producer, 69". The New York Times. 1971-05-06. ISSN 0362-4331. Retrieved 2021-02-06. ^ v[an] H[elsdingen], P[eter] J. (1973). "Father Chrysanthus O.F.M. Cap.: 1 September 1905 – 4 May 1972". Bulletin of the British Arachnological Society. 2 (7): 148. ^ "Musician's Death Laid to Overdose". Los Angeles Times. June 13, 1987. Retrieved December 27, 2020. ^ Porter, David L. (2000). Biographical Dictionary of American Sports: Baseball. Greenwood Publishing Group. p. 1709. ISBN 978-0-313-29884-4. ^ "David Reimer and John Money Gender Reassignment Controversy: The John/Joan Case – The Embryo Project Encyclopedia". embryo.asu.edu. ^ "He was buried in a can of Pringles". A Silly Point. 2020-09-04. Retrieved 2020-09-06. ^ "Marv Hubbard, Three-Time Pro Bowl Fullback for Raiders, Dies at 68". The New York Times. Associated Press. 2015-05-06. ISSN 0362-4331. Retrieved 2020-09-06. ^ "Dolphins Hall of Fame coach Don Shula dies at 90". ESPN. 5 May 2020. Retrieved 15 October 2021. ^ McLaughlin, Eliott C. (May 4, 2020). "Greg Zanis, known the nation over as 'The Cross Man,' dies at 69". CNN. Retrieved May 4, 2020. ^ "Nick Kamen: a life in pictures". The Guardian. 2021-05-06. ISSN 0261-3077. Retrieved 2021-05-08. ^ "Death Notice of Ronnie (Ron) Kavanagh (Fermoy, Cork) | rip.ie". rip.ie. Retrieved 2024-05-05. ^ Mazariegos, Miranda; Veltman, Chloe (May 4, 2024). "Renowned painter and pioneer of minimalism Frank Stella dies at 87". NPR. Retrieved May 4, 2024. ^ "Coal Miners Day 2020: All you need to know". India Today. May 3, 2020. Retrieved 2020-09-06. Wikimedia Commons has media related to May 4. BBC: On This Day The New York Times: On This Day Historical Events on May 4 Retrieved from "

Which of these apply to you:You exercise regularly (and love it!)You enjoy learning about nutrition and eating healthy foods.People often ask you, “What's your secret? How can I get results like you?”You have a strong desire to help others achieve their fitness goals.You want a career that's more than just a job.If these 5 statements apply to you then it’s time you consider becoming a personal trainer!How to Become a Personal Trainer: Do You Need to Get Certified?The first thing to understand about the personal training industry is that it’s unregulated. Unlike some other professions (e.g. nursing, accounting, teaching, etc.) that require a specific education and designation, anyone can call themselves a personal trainer, even if they have no experience or credentials.At first, this might sound like a good thing since you could choose to start your personal training career right now. You have been exercising for years, so why not print up some business cards and get started today?There are 3 excellent reasons why you should put on the brakes and choose to complete the best personal training certification (for you!) before you take on your first client:1. Insurance – Yes, you can visit clients in their homes, bring them to yours, or meet them in a public place (like a park) to begin their training sessions. It’s unlikely that anyone will ever question your qualifications, BUT operating as an uncertified personal trainer means that you are also uninsured. You cannot obtain personal training insurance without proof of owning a recognized certification (this will be required during your insurance application process). Operating as an uninsured personal trainer is a VERY risky proposition!Every workout you prepare, regardless of how safe you plan it, will be full of potential for serious client injury. Without insurance, you will personally be liable for any lawsuit that could arise as a result of such an injury. The risk is simply not worth taking.2. Credibility – If you choose to operate as a sole proprietor, meaning that you work independently from any health club or fitness organization, there is little chance that anyone will ask about your qualifications. After all, your personal fitness (judged mostly by your appearance) is what clients often use to gauge your authority as a personal trainer.If you look fit and can help clients get results, that’s all most people will care about.However, there is a chance that an informed client will ask about your credentials. How will you answer that question honestly?Or, you might have an opportunity to speak at an event, or write an article for a newspaper or magazine. How will you describe your credentials when they don’t really exist? Stating, “I’ve been working out for over 10 years” doesn’t carry much weight, even if you really do know your stuff.3. Career Development – Let me be honest: Obtaining the best personal training certification will NOT magically transform you into a better trainer. In fact, what you know before you get certified, simply from your own experience in the gym, is likely more practical than much of what you will learn in a personal training certification course. But, becoming a certified PT will open many doors for future learning that will develop your career immensely.As you build your personal training business you will likely find that you work primarily within a specific niche. Maybe you will train runners, or new moms, or elderly clients, or busy business executives, or clients who are recovering from disease or operation…it doesn’t really matter who, but chances are strong that you will carve out a specific niche for yourself as a personal trainer. In order for you to elevate your skills and value within this niche, you are going to want to learn. This is the mark of a top personal trainer: He or she is a lifelong learner who will always be looking for ways to improve the client experience.Guess what? Formal education often requires certification. If you’re not certified, you’re out. This will limit your ability to become a true authority in your niche and will limit your business’s growth potential.It’s clear that becoming a certified personal trainer is the way to go, but that leads to a whole new question: Which personal training certification is best?Let’s look at the key considerations you must take into account before making your decision…What Career Opportunities Will a PT Certification Offer You Right Now?Getting your certification as a personal trainer is only helpful if it enables you to train the clients you really want to work with. Here are some key questions you should consider before making your choice:1. What You Can Teach - Some certifications are specific for training clients one-on-one, while others include certification for small group training or even large group fitness instruction. Can you instruct all types of classes (e.g. Aerobics? Zumba? Spin? Etc.)You might also want to ask if a certification (and/or your insurance policy) limits what type of equipment you can use with your clients. For example, some certification programs are designed specifically for PTs who want to lead TRX classes. Is that included in the certification program you are looking at? And what about nutritional programming? Will you be qualified to prepare meals plans for your clients? Ask before you make your choice!2. Where You Can Teach - Does you certification (and again, your insurance policy) qualify you to work with clients in their homes? What about at a fitness club? Can you take your clients outdoors? Could you train clients in a pool? Are you restricted to training in a Canada only? Or is the certification province-specific?Some of these questions will be answered best by your insurance provider, BUT your certification provider should also know the answers to these questions and should be able to connect you with an insurer who can get you covered for every location you’d like to work in.3. Providing Online Services - Online personal training has become very popular with trainers and their clients over the past few years. It allows the trainer-client relationship to bridge distance, and adds extra convenience for both parties. Again, some certification programs are geared strictly to in-person services, while others are broad enough to include online PT. If you would like to supplement your in-person services with online components (e.g. travel workout programs, Skype calls or training sessions, digital tips and resources), it is worth asking about these options before you choose your certification course.How Much Time, Money, and Effort Do You Have to Invest?The old saying, “You get what you pay for” can certainly apply to personal trainer certifications. Yes, you can find courses for under $100 that can be completed online in a matter of hours (or minutes!), but please read the rest of this article before you jump on any of those low-investment, low-value options. On the other hand, there are certification courses that cost thousands of dollars and require hundreds of hours of in-class and at-home study time. Does a high-investment course automatically mean it offers equally increased value?Not necessarily.While some of the lower end certification courses won’t even make you insurable, some of the more expensive options throw in a lot of fluff that might not pay out over the long term. Ask yourself these questions in order to make an informed decision:1. Prerequisites - The cheapest certification programs are usually online ones that are not very discriminating. Anyone with a credit card can become a trainer almost instantly.More legitimate courses may have age restrictions and will almost always require CPR certification before you are given status as a certified personal trainer.2. Location - Yes, it is convenient to be able to take a personal trainer certification course online, but what does that convenience cost you? Will your certification be insurable? Do other businesses and organizations in the industry recognize it as a credible certification?On the flip side, travelling hours by car (or plane) to attend an in-person course really adds to your time and financial investment. There are some significant advantages of attending a course in-person: You will learn in a more hands-on environment, you can ask questions directly to your instructor, and you can network with other prospective trainers. What value do you place on this in-person experience?3. Examination Process - A legitimate personal training certification course will require you to pass some sort of exam to show that you’ve absorbed at least the most important concepts required to be an effective personal trainer.Is that exam completed online or in-person? What types of questions are asked? Is there a practical examination (i.e. demonstrating your skills to a qualified master trainer) required? And, what happens if you fail to pass one of the examinations? Simply showing up for the certification course isn’t enough. It’s important to know exactly what hoops you’ll have to jump through to earn your certification.4. Pricing - It can be tempting to let the advertised price be a key deciding factor, but there may be financial costs beyond the base price. Are there study materials that have to be purchased separately? Does the course price include the exam or is there an additional examination fee? Can you get your CPR certification at the same time as your PT certification?And…5. Annual Fees - Less reputable personal training certification courses operate like factories. They want to get people in and out as quickly as possible (after taking your registration payment of course!) – it’s unlikely that there will be any follow-up or recurring annual fee.Again, this might seem like a benefit, but you have to ask how this will affect your ongoing insurability, and the permanency of your designation as a “certified personal trainer.”The more popular certification courses require annual fees to maintain your membership and designation. In addition, there will likely be other requirements you need to meet in order to re-certify each year. Keep reading…6. Re-Certification - Would you feel comfortable going to see a doctor who graduated from medical school 30 years ago and hadn’t bothered to learn anything new about practicing medicine since? (I’d be looking for a new doctor!)The same goes for a legitimately certified personal trainer. There are always new research studies, new exercise techniques, new nutritional approaches, and other important learning that will keep you up-to-date and providing top-quality service. That’s why many personal training certification courses require proof of continuing education, along with updated CPR status at a minimum.What Added Benefits or Perks Does a Certification Include?In addition to all the “must-haves” that come with the best personal trainer certifications, there are a number of other bonus features or benefits that might sway you in one direction or another:1. Upgrade Options - Once you’ve established yourself as a personal trainer, there is a chance that you’ll want to broaden your credentials so that you can expand your services. Will your certification make this an easy process? For example, YogaFit Canada offers an add-on certification program for personal trainers who want to instruct yoga. Not all personal training certifications will be recognized for this upgraded certification course.Think about where your career may be headed in the future, not simply where it will be within the next year or two. A little long-term planning now can save you much time and money going forward.2. Networking Opportunities - Much learning and business development will come from networking with others in your industry. Valuable referrals, promotional partnerships, and joint ventures can be found this way.Inexpensive online certification programs are unlikely to offer anything in terms of conferences or networking events that will allow you to grow your list of business contacts. Remember, many of those programs are in the business of getting you in and out, not helping you develop your career. This is a major benefit of getting your certification through a reputable provider. For example, CanFitPro hosts the annual World Fitness Expo and CanFitPro certified personal trainers get special pricing and access to this conference.3. Resources and Other Perks - There are many other perks offered by various certification programs. Some offer free online materials to trainers only, as shown below in the promo for the ACE certification program. Other programs may offer discounts from partnering merchandisers, subscriptions to trade magazines, first dibs on registration for related events, and a host of other benefits.Are these perks going to directly help you build a more successful career as a personal trainer? Maybe not. But, they do add value to the overall certification program and should be considered when making your final decision.Comparing Your PT Certification OptionsAs you understand by now, there are a lot of different options when it comes to viable personal training certification programs. Below you'll find a comparison of some of the most popular personal training certification programs. It is certainly NOT exhaustive, but it does offer some great courses for you to check out. Which one fulfills the criteria most important to you? BONUS: You can download the chart as a PDF using the link below:Download (PDF, 462KB) Time required to get certified2-6 months.Can the certification be obtained online or in-person only?Live course with online teaching support.What is the examination process?The Personal Training Specialist (PTS) has both a written and practical exam. The written exam consists of multiple choice questions and a case study while the practical exam ensures that the competencies required to be a certified personal trainer are demonstrated.How is the certification updated/renewed?Certification with Canfitpro is renewed annually and requires continuing education, a current CPR (less than one year old and from a live course), along with a current Canfitpro Professional Membership.Are any add-on certifications available?Yes. Once certified many fitness professionals choose to continue their education and follow their own unique passion. Canfitpro offers may options for people including educational and certification programs such as Healthy & Weight Loss Coach, Children’s Fitness, Tosca Reno’s Eat-Clean Foundations, Active Aging, and SGT Ken Boot Camp Education.Are there any other perks of certification?Being certified is the key credential you need to work to industry. Many perks come along with being a certified member with canfitpro and they include discounts on canfitpro products services, our member benefit provider program which has great partner discounts and offers, and first access to the latest industry information, trends, and presenters.What is the cost to certify?It varies between $489 - $622 for the personal trainer specialist. The rate includes the course materials (manual and study guide), online prep course, live course, and the theory and practical exams.What is the cost to renew?The cost to renew a professional membership is $78. The cost of your continuing education credits (CECs) and CPR can vary greatly depending on the education you choose. Live and online events, workshops, and conferences can vary greatly in cost and value so how you choose to continue your education is up to you.Other relevant informationBecoming certified with Canfitpro means that you are joining the largest provider of education in the Canadian fitness industry. Trusted by fitness professionals, employers and consumers across Canada to provide the education needed to start, and maintain, a fitness career as a personal trainer. The live component of the training and evaluation process provides the unique opportunity to gain professional coaching and feedback to successfully start your career. Time required to get certifiedWithin 2-3 weeks of the assessment date.Can the certification be obtained online or in-person only?Both. Distance education provides an in-home solution to earning a certification.What is the examination process?The theory exam is 120 multiple-choice questions and completed online. It is 180 minutes and the passing grade is 75%. You will receive, within 5 business days, the practical assessment package. Practical assessments are a minimum of 60 minutes in length including feedback from the Assessor.How is the certification updated/renewed?To maintain your CPTN certification status, you are required to renew each year or every 2 years. You require 7 Continuing Education Credits (CECs) to renew for 1 year or 14 CECs to renew for 2 years and updated First Aid & CPR Level C certifications.Are any add-on certifications available?Yes. Other certification programs include: CPTN Certified Older Adult Training Specialist (CPTN-COATS), CPTN Certified Post-Rehabilitation Conditioning Specialist (CPTN-CPRCS), CPTN Certified Yoga Specialist (CPTN-CYS), CPTN Certified Group Fitness Leader (CPTN-CGFL), CPTN/YTS Certified Flexible Periodization Method Specialist (Fitness or Sports).Are there any other perks of certification?Includes all Membership benefits such as National recognition to a high standard of excellence, Able to gain sports insurance from other bodies, Listed on CPTN’s website as a personal trainer referral, Career opportunities as Practical Assessor or Instructor, Able to start own personal training business, Discounts on services and products through suppliers, Access to professional Distance Education courses and Access to personal trainer job listings.What is the cost to certify?Price varies from $262.50 CAD to $758.45 CAD (includes theory and practical exams, manual and membership fee).What is the cost to renew?Standard One Year Renewal Option: $91 Prior to expiration date, $113 Certification overdue: 2 months or less, $134 Certification overdue: 6 months or less.Standard Two Year Renewal Option: $161 Prior to expiration date, $203 Certification overdue: 2 months or less, $225 Certification overdue: 6 months or less.Other relevant informationThe Certified Professional Trainers Network (CPTN) Inc. has firm roots as the former Canadian Personal Trainers Network, first established in 1991. Their organization integrates current research and practical applications for education, communication, professional development, certification and marketing opportunities for Personal Trainers to maintain a leading edge on professional training developments. Time required to get certifiedThe minimum requirement to become a CSEP-CPT is the equivalent of 2-years of full-time study (or 60 credits) of University/College coursework in the 6 core competency areas.Can the certification be obtained online or in-person only?Exams are hosted in Computer-Based testing centres. You receive your member package (certification) in the mail.What is the examination process?Once you have received your letter confirming your status as a CSEP Approved Candidate, you are eligible take a CSEP workshop and challenge exams. There is the "Theory" exams and the "Workshop and practical" exams.How is the certification updated/renewed?You are required to renew your certification every year on or before March 31st. You can renew online straight from your membership profile on the community site. The following is required: Collection of CSEP- Professional Development Credits (every two years), Documentation proving current CPR level C or equivalent certification (Certification must not be more than a year old) and Completion of the annual renewal survey.Are any add-on certifications available?For those who want to be active in the field of Exercise Science & Personal Training, there are two levels of certification offered by CSEP: CSEP-Certified Personal Trainer ® (CSEP-CPT) or CSEP-Certified Exercise Physiologist ® (CSEP-CEP).Are there any other perks of certification?Many perks, including numerous exciting, cutting-edge professional development opportunities both in-person and on-demand, CSEP membership benefits such as Special member rates for Home and Auto Insurance through The Personal Insurance and many others.What is the cost to certify?$260 per year +tax Renew April 1 annually (+$35 application fee).What is the cost to renew?For CSEP-CPTs:$260 (includes tax) + optional insurance add-ons. For CSEP-CEPs: $290 (includes tax) + optional insurance add-ons.Other relevant informationCSEP is a national organization and its certifications are recognized nationwide, not transferable abroad. Time required to get certified40+ hours in-classtraining, plus 20+hours of practicalhands-on training.Can the certification be obtained online or in-person only?In-person classroom education.What is the examination process?The PT course is 40+ hours of classroom and practical teaching, and also includes a course completion open book exam; followed by a 20-hour practicum, closed book proctored certification exam and skills assessment.How is the certification updated/renewed?Each candidate is to successfully complete or present an equivalent of the following: Attend 8 hours CFES recognized workshops, seminars or conferences (class or online); submit 12 Personal Trainer client verification hours; maintain CPR; first Aid and annual liability insurance (if insurance required) and submit to CFES: Re-certification application form and collateral documents and re-certification fee.Are any add-on certifications available?Yes. Offers include: The CFES Fitness Knowledge course, the CFES Fitness Knowledge Home Study, the CFES Weight Training Instructor Course, the CFES Aquafit Instructor Certification Course, CFES Group Fitness Instructor Certification Course and the Instructor & Personal Trainer Career Steps.Are there any other perks of certification?No perks.What is the cost to certify?For course conductors,$400.00. It includes: One hard copy resource manual, student program work booklet + study guide, hard copy 360 page Educator Kit and PowerPoint Educator Kit Supplement CDrom (500+ slides).What is the cost to renew?The annual re-certification fee: $70.00 + $3.50 (GST) = $73.50Two year re-certification option now available. Double up your re-cert hours and instructional hours and re-certify for two years: $140.00 + $7.00 (GST) = $147.00Other relevant informationCandidates wanting Personal Trainer certification must first successfully complete the Weight Training Instructor certification and then progress to the Personal Trainer course. Time required to get certifiedGenerally, 3 months from the time you start until you have written your certification exam.Can the certification be obtained online or in-person only?Certification can be either online or in class.What is the examination process?Final certification exams can either be on line or in person.How is the certification updated/renewed?Certification is renewable every 2 years and you need to do continuing education credits to keep your certification current.Are any add-on certifications available?YES! And its unlimited! Can be anything from pre and post-natal, to cardiac rehab, boot camp, group fitness, diabetes – Click here for the full list.Are there any other perks of certification?No perks.What is the cost to certify?Depending on the mode the student decides to take (home study, fast track, part time or full time), cost varies from $1397 - $5990.What is the cost to renew?Does not cost to renew, but you need to do continuing education credits – those cost, but the courses are generally not very expensive and can be under $100.Other relevant informationPersonal Trainer Certification programs are offered in four different formats: weekends, weekdays, weeknights and personalized one-on-one instruction. Depending on your time and learning style, our personal training certification program is flexible to match your availability. Time required to get certified30 days from their exam date.Can the certification be obtained online or in-person only?Both! You can choose the convenience of an online certificate exam or go for the full certification at a PSI Testing Center, however you must take your final exam at a PSI Testing facility.What is the examination process? The CPTE is a computer based test and must be given by a live proctor at a PSI testing facility. The Exam is 140 multiple choice questions. Only candidates who achieve a passing score will obtain certification as a CPT and must use that designation. You have two hours to complete the exam and a pass or fail result will be provided upon completion.How is the certification updated/renewed?You need a 2.0 CEUs: Choose from a variety of inspiring programs to enhance your knowledge and motivate your clients! Choose from online courses you can complete from home. Also, proof of completion of an Adult CPR course must be submitted.Are any add-on certifications available?Yes. Other add-on certifications include Certified Group Exercise Instructor, Certified Kickboxing Instructor, Certified Indoor Cycling Instructor, Certified Yoga Instructor, Certified Weight Management Specialist, Certified Power Lifting Instructor, Certified Senior Fitness Specialist.Are there any other perks of certification?No perks.What is the cost to certify?The costs to certify vary between $299 - $499 for the personal trainer specialist. The rate includes the manuals, study guides and online videos.What is the cost to renew?Our current renewal fee is $75 if paid on time, $100 if paid after your expiration date.Other relevant informationNCCPT has been certifying health and fitness professionals for over 20 years. They have been proudly providing cutting-edge education, tools and resources throughout the U.S. and international markets. Nationally recognized, They provide students the best value for the best price. Time required to get certifiedThe Fitness & Nutrition Expert Program is taught over 12 weeks and is equivalent to about 200 hours of in class, at home study and practical / co-op in your community.Can the certification be obtained online or in-person only?The cert is only offered online.What is the examination process?Each module (fitness, nutrition, wellness and business) includes a combination of quizzes, assignments and final written exam. The fitness module also has a practical exam for group fitness and in home personal training that is video taped by the student and uploaded for grading.How is the certification updated/renewed?Graduates need to complete 4 continuing education credits to maintain their certification through our online tutorials, FIT CHICKS University.Are any add-on certifications available?Not currently but will be later in 2016.Are there any other perks of certification?Other perks of the certification include eligibility for Can Fit Pro Fitness Instructor Specialist, unlimited access FIT CHICKS Bootcamp classes school term (location permitting), 24 hour access to the FIT CHICKS Academy private Facebook page for resources & support, free Fierce in 8 DVD Box Set, discounts with FIT CHICKS partners.What is the cost to certify?The cost to certify is $1999 + HST.What is the cost to renew?The only cost is to complete continuing ed credits.Other relevant informationThe FNE Certification is a great choice for a new trainer as it is covers all areas of fitness (group & PT), nutrition, wellness and business … it is like getting 4 certifications in 1… all without being overwhelmed, bored or having to leave your living room as it is taught completely online. Unlike other courses that focus on only 1 area of health & wellness or are just a weekend long, the Fitness & Nutrition Expert program is a 12 week certification program that will teach you everything YOU need to know to become a TOTAL health coaching rock star in this ever changing industry and giving you the edge on other trainers. You are not just going to learn the info in class but you are going APPLY and practice what we cover in your community – leaving with the total package of skills, confidence and materials to be a fierce fitness professional. Time required to get certifiedCertification is granted within one (1) year of passing the exam.Can the certification be obtained online or in-person only?A printed certificate and wallet card will be sent in the mail.What is the examination process?The CSCS Exam consists of two exams (sections): Scientific Foundations and Practical/Applied. The first exam contains 80 scored and 15 non-scored multiple-choice items allocated across two (2) domains, and the second exam contains 110 scored and 15 non-scored multiple-choice items allocated across four (4) domains.How is the certification updated/renewed?Every 3 years, certificants must recertify by earning Continuing Education Units (CEUs) to demonstrate that their professional knowledge and skill is up-to-date.Are any add-on certifications available?Yes. The is the Tactical Strength and Conditioning Facilitator® (TSAC-F®) certification for professionals looking to train emergency personnel, the Certified Special Population Specialist® (CSPS®) for fitness professionals who train special population clients of all ages and the Certified Strength and Conditioning Specialist® (CSCS®) for professionals who design and implement strength training for athletes in a team setting.Are there any other perks of certification?Many perks come along with being a member such as: Access to a library of CEU opportunities, including webinars, Discounted registration to national, regional & local events, Add additional insureds (facility – non-owned) at no additional cost and many other.What is the cost to certify?$300 for NSCA Student and Professional Members and $475 for Non Members.What is the cost to renew?The cost to renew is $30 for each credential held members and $55 for each credential held Non-Members (2016).Other relevant informationNSCA offers the most respected accredited certifications for strength and conditioning coaches and personal trainers.