

NSCA-CPT Examination Content

OUTLINE FOR THE NSCA-CPT CERTIFICATION EXAMINATION

I. Client Consultation/Assessment

(28 questions)

- A. Initial interview
 - 1. Determine client/trainer compatibility
 - 2. Discuss client goals
 - 3. Complete client-trainer and/or client-trainer-fitness facility agreement
 - 4. Complete the informed consent and waiver form
- B. Health appraisal/medical history review
 - 1. Administer medical history form (and, if necessary, gather medical release from primary physician)
 - 2. Administer lifestyle questionnaire (includes exercise history)
 - 3. Evaluate and interpret results of medical history form and lifestyle questionnaire
 - 4. Recognize those clients needing referral to an appropriate healthcare professional
- C. Fitness evaluation
 - 1. Conduct fitness evaluation
 - a. Vital signs (heart rate, blood pressure)
 - b. Body composition
 - c. Height/weight
 - d. Girth measurements
 - e. Muscular strength
 - f. Muscular endurance
 - g. Speed/agility/power
 - h. Cardiovascular endurance
 - i. Flexibility
 - 2. Evaluate/interpret results of fitness evaluation
 - 3. Recognize clients needing referral to an appropriate healthcare professional
- D. Basic nutrition and weight management
 - 1. Conduct dietary review
 - 2. Communicate information on nutritional aids, supplements and diets
 - 3. Recognize eating disorders and make referrals to an appropriate healthcare professional

II. Program Planning (49 questions)

- A. Goal setting
 - 1. Discuss fitness evaluation results with client and establish health/fitness program and goals
 - 2. Prepare schedule for exercise program
 - 3. Discuss changes in nutritional habits
 - 4. Discuss health-related lifestyle habits (smoking, alcohol use, etc.)
 - 5. Implement motivational techniques reward system, reinforcement strategies (feedback, incentives, etc.), visualization/mental imagery techniques, etc.
- B. Program design
 - 1. Select modality (exercise type)
 - 2. Select warm-up/cooldown exercises
 - 3. Establish order of exercise components
 - 4. Establish intensity
 - 5. Establish duration
 - 6. Establish frequency
 - 7. Determine rate of progression
- C. Training adaptations
 - 1. Structural
 - a. Muscle
 - b. Tendon
 - c. Ligament
 - d. Bone
 - e. Adipose tissue (fat stores)
 - 2. Physiological
 - a. Musculoskeletal
 - b. Neuromuscular
 - c. Cardiovascular
 - d. Metabolic
 - e. Endocrine
 - 3. Psychological
- D. Special populations
 - 1. Determine capacities and limitations of special populations
 - a. Obese individuals
 - b. Elderly
 - c. Individuals with eating disorders
 - d. Individuals with orthopedic disorders
 - e. Individuals with arthritic disorders
 - f. Pre-pubescents and adolescents
 - g. Females who are pre-natal or post-partum
 - h. Individuals with hypertension

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- i. Individuals requiring injury rehabilitation/reconditioning
- j. Individuals who are in post-cardiac rehabilitation
- k. Individuals with Type 1 diabetes
- l. Individuals with Type 2 diabetes
- m. Individuals with Chronic Obstructive Pulmonary Disease (COPD)
- n. Individuals with osteoporosis
- o. Individuals with peripheral vascular disease
- p. Individuals training for a certain sport/competition (athletes)
- q. Individuals with lower back pain
- 2. Modify program to coincide with limitations and capacities of special populations
- 3. Recognize clients needing referral to an appropriate healthcare professional

III. Techniques of Exercise (49 questions)

- A. Instruct clients on proper use of the following equipment
 - 1. Resistance machines (weight, hydraulic, air, friction, tubing, etc.)
 - a. Preparatory body position (grip, stance, alignment, etc.)
 - b. Execution techniques
 - 1) body position
 - 2) speed/control of movement
 - 3) movement/range of motion
 - 4) breathing
 - c. Spotting techniques
 - d. Muscular involvement
 - 2. Free weights
 - a. Preparatory body position (grip, stance, alignment, etc.)
 - b. Execution techniques
 - 1) body position
 - 2) speed/control of movement
 - 3) movement/range of motion
 - 4) breathing
 - c. Spotting techniques
 - d. Muscular involvement
 - 3. Functional training
 - a. Preparatory body position (grip, stance, alignment, etc.)

- b. Execution techniques
 - 1) body position
 - 2) speed/control of movement
 - 3) movement/range of motion
 - 4) breathing
- c. Spotting techniques
- d. Muscular involvement
- 4. Cardiovascular machines
 - a. Machine programming/setup
 - b. Execution techniques
 - 1) body position
 - 2) speed/control of movement
 - 3) movement/range of motion
 - 4) breathing
 - c. Muscular involvement
- B. Instruct clients on other non-machine exercise techniques (including body position, speed/control of movement, movement/range of motion, breathing and muscular involvement)
 - 1. Cardiovascular exercises (running, walking, swimming, aerobic dancing, etc.)
 - 2. Flexibility (static, ballistic, dynamic, PNF)
 - 3. Calisthenics (pull-ups, push-ups, torso exercises, etc.)
 - 4. Explosive exercises (plyometric, speed-strength, agility, reaction, power, etc.)

IV. Safety, Emergency Procedures and Legal Issues (14 questions)

- A. Practice safety procedures
 - 1. Recognize properly maintained equipment
 - 2. Provide a safe exercise environment
 - 3. Recognize overuse symptoms
- B. Follow emergency procedures
 - 1. First Aid
 - 2. CPR
 - 3. Facility (fire, tornado, etc.)
- C. Recognize professional, legal and ethical issues
 - 1. Recognize litigation issues
 - 2. Maintain professional client/trainer relationship
 - 3. Maintain client/trainer confidentiality