



NSCA-CPT[®] Exam Candidate Handbook

NSCA-Certified Personal Trainer[®]

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Introduction

The NSCA-CPT credential is designed to identify truly competent personal trainers.

About the NSCA and the NSCA-CPT Examination

The National Strength and Conditioning Association (NSCA) is an international, nonprofit, educational association representing personal trainers, strength training and conditioning professionals, sports science researchers, athletic trainers, sports medicine therapists and physicians, students and others interested in fitness and strength and conditioning activities and their relationship to overall sports and fitness performance.

The NSCA publishes two of the world's premier strength and conditioning journals. They link what is being learned in the sports science research laboratories to what is being taught by fitness professionals, thereby bridging the gap between theory and practice.

The NSCA-Certified Personal Trainer® (NSCA-CPT®) examination is designed for professionals who train clients in one-on-one situations in clients' homes and health/fitness clubs. Clients typically include active and sedentary physically healthy individuals as well as the elderly and obese. Personal trainers with specialized expertise may also be involved in training clients with orthopedic, cardiovascular and other chronic conditions. Personal trainers will find this to be one of the most challenging of all personal training certification examinations. The credential earned upon passing will identify them as truly competent personal trainers among their peers, clients and professional groups.

The NSCA-CPT examination is constantly monitored for content validity and updated for timeliness. It is designed to ensure a minimum level of competence among practitioners and to create a better awareness among the public of the nature and purpose of the profession. One focal point of the examination is to assure candidates possess appropriate knowledge of biomechanical concepts, training adaptations, anatomy, exercise physiology and program design guidelines.

The policies and procedures described herein regarding the NSCA-CPT program will continue to be modified in response to changes in the profession as directed by the NSCA Certification Commission Executive Council. Such modifications will be announced to candidates via our Web site (www.nsca-cc.org), the *Strength and Conditioning Journal*, the *NSCA Bulletin* and special mailings.

Testing Agency

The NSCA Certification Commission Executive Council has the overall responsibility for exam development and policies governing eligibility and administration of the examination. It is also responsible for contracting with a professional testing agency that administers and provides psychometric expertise.

Administrative Policies

The NSCA-CPT exam includes 140 multiple-choice questions, 35 of which correspond with 35 video segments.

Applied Measurement Professionals, Inc. (AMP) is the professional testing agency contracted by the NSCA Certification Commission Executive Council to assist in the development, administration, scoring and analysis of the NSCA-CPT examination based on the test specifications developed by the Executive Council. The testing agency is also responsible for the establishment of test centers and examination security.

The Examination

The examination is developed by the NSCA-CPT Examination Development Committee, which is comprised of individuals whose knowledge and experience in exercise sciences, strength training and conditioning and personal training qualify them as content experts.

The NSCA-CPT examination includes 140 multiple-choice questions, 35 of which correspond with 35 video segments. The video segments assess knowledge primarily in the areas of fitness testing protocols and exercise techniques. The examination format also includes scenarios in which candidates are provided with a variety of information (similar to case studies) about a client and are prompted to answer several questions relative to the scenario.

The examination breakdown by content area is as follows:

Client Consultation/Assessment	20%
Program Planning	35%
Techniques of Exercise	35%
Safety, Emergency Procedures and Legal Issues	10%

The time required to sit for the exam is approximately three hours. Candidates achieving a passing score will be awarded the NSCA-CPT credential.

Registration and Admission Policies

To qualify for the NSCA-CPT examination, you must be at least 18 years old and have a high school diploma or equivalent.

Current CPR certification is also a requirement. If you do not have current CPR certification, you can still register for and take the NSCA-CPT examination. The NSCA Certification Commission will not release your exam scores until we have received documentation of your valid CPR certification.

The NSCA Certification Commission will accept any adult CPR certification obtained by attending a CPR course that meets the following criteria:

Administrative Policies

You will receive an official confirmation notice approximately three weeks after the registration deadline.

Candidates must meet the eligibility requirements and provide required documentation to sit for the NSCA-CPT examination.

- Must have a hands-on training component (certification through an online course will not be accepted)
- Must include a skills performance evaluation
- Must require the passing of a written exam

Examples of approved CPR providers include:

- American Heart Association
- Red Cross
- National Safety Council
- St. John Ambulance

You will receive an official confirmation notice approximately three weeks after the registration deadline. The confirmation notice will include the examination site and date for which you are registered. One week prior to the examination date, you will receive a test center admission ticket identifying the exact time and address where you should report for the examination. It is very important to review the confirmation notice and admission ticket information and notify the NSCA Certification Commission immediately if there are any errors. The admission ticket serves as authorization to sit for the examination and, if incorrect, could preclude admission to the examination center.

At the testing site, candidates are required to present proof of identity that includes a photograph (valid driver's license, state or military ID card, passport or notarized photograph).

Registrant Ineligibility

A registrant may be determined ineligible for either of the following reasons:

- 1) insufficient documentation to assess eligibility
- 2) documentation provided or fees submitted do not meet eligibility requirements for the examination

If the NSCA Certification Commission Executive Council determines that the provided information is inadequate to assess eligibility, the registrant will be notified and given a deadline to respond to a request for necessary documentation. Documentation not received by the specified deadline will result in the registration being denied. In such instances, the registration must be resubmitted during a later examination cycle.

Refund of Fees

Cancellation Policy: Notice of cancellation must be in writing. The NSCA Certification Commission provides a 50% refund when we receive the written notice of cancellation at least seven days before the scheduled exam date. No refunds will be made after that date.

Administrative Policies

Should fewer than 15 candidates register for a site, the Executive Council retains the right to cancel the examination site. Those affected will be notified no later than four weeks after the registration cutoff date and offered the opportunity to transfer to a different date/site at no additional cost. The Commission is not responsible for expenses incurred by a candidate due to a canceled exam (e.g., airfare, hotel, etc.)

No-shows: Candidates who do not arrive to take the exam and who do not cancel or transfer their registration will forfeit the registration fee. Should they wish to take the exam at a later date, they would need to register again and provide the full registration fee.

If you are unable to take the exam on the date or at the location for which you are registered, you may transfer your registration.

Transfer Policy

If you are unable to take the exam on the date or at the location for which you are registered, you may transfer your registration by contacting the Exam Department at 888-746-2378, ext. 118 or 103, no later than seven days before your original exam date. You will be asked to specify the date and site to which you wish to transfer. The date and site that you wish to transfer into must be open for registration - the registration deadline must not have passed. Additionally, the NSCA Certification Commission must receive your transfer payment in our office by the registration deadline. All candidates wishing to transfer their registration need to provide payment of the appropriate transfer fee. If you wish to transfer to a different date and site but remain in the same certification program you will need to provide a \$75 transfer fee. The transfer fee increases to \$100 for change of location/date AND type of exam (i.e., CSCS to NSCA-CPT). Please consult our Web site at www.nasca-cc.org for the most current listing of exam dates and sites. Exam registrations cannot be transferred to another person. If your transfer form and payment are not received by the deadline indicated on your transfer form, your registration fee will be forfeited and you will be required to reregister and provide the appropriate registration fee.

Special Accommodations

The NSCA Certification Commission Executive Council is committed to ensuring that no individual with a disability is deprived of the opportunity to take the examination solely by reason of that disability. You may request special accommodations if you have a medical condition that will prevent you from taking the examination as it is typically administered. (Special language accommodations are not made for those whose primary language is not English.) A request for special accommodations must be made at the time of registration and must include both of the following:

- 1) official documentation from a physician or other health professional verifying and explaining your condition and
- 2) a clear statement of the nature of the accommodations you request

Administrative Policies

In situations where it is imperative that you earn the NSCA-CPT credential, you can register for another exam administration even if you do not have your score report from the previous exam.

Prior to the exam, you will receive notification from the NSCA Certification Commission of the accommodations that you will receive.

If no information is provided or if the NSCA Certification Commission Executive Council determines that the provided information is inadequate to assess special needs requirements, you will be asked to provide additional information/documentation and given a deadline by which you need to respond. If the required information is not received by the specified deadline, the request for accommodations will be denied.

Reapplying for the Exam

In situations where it is imperative that you earn the NSCA-CPT credential, you can register for another exam administration even if you do not have your score report from the previous exam. Just complete and submit the registration with the appropriate fee. In the event that you are successful in passing the first exam, you need only contact the NSCA Certification Commission, in writing, to obtain a refund of your second registration payment. Contact the Exam Department at ext. 118 or 103 with questions regarding this option.

Address Changes

The address provided on your registration will be used for mailing your exam registration confirmation notice, admission ticket and test results. If you have a change of address, please notify the NSCA Certification Commission no later than four weeks prior to the examination date. If you move after this time, leave a forwarding address at the post office so that your admission ticket and test results will reach you at your new address.

Please update your address with the NSCA Certification Commission in one of the following ways:

1. Visit www.nasca-cc.org and submit the Change of Address form online
2. Call 888-746-2378
3. E-mail commission@nsca-cc.org
4. Send a fax to 402-476-7141
5. Mail the information to NSCA Certification Commission, 3333 Landmark Circle, Lincoln NE 68504

Test Center Locations

The exact location of the testing center in each city may change from test to test, depending on the space availability and/or conditions of the facility. Exam candidates will be notified of the exact exam location through a mailed admission ticket (sent by the independent testing agency one week before the exam).

Administrative Policies

You must provide two forms of identification to gain admission to the test center, one of which must be photo-bearing.

No test materials, documents or memoranda of any kind are to be taken from the examination room.

Testing Schedule

1. You will receive an admission ticket for the examination site for which you are registered. Be sure to take your admission ticket to the test center address shown on the ticket. You will be required to show the admission ticket to the proctor.
2. You must provide two forms of identification to gain admission to the test center, one of which must be photo-bearing. The photo-bearing identification must be one of the following: a valid driver's license, state or military ID card, passport or notarized photograph. You must have proper identification to gain entry to the test center. Candidates are required to sign the registration list prior to entry to the test center.
3. You should report to the test center no later than 8:30 a.m., except at the NSCA National Conference. Reporting times may vary somewhat from site to site; please check your admission ticket. Registration, seating, distribution of test materials and instructions for taking the examination will begin at approximately 9:00 a.m. Anyone arriving after testing begins will not be admitted.
4. You will have three hours to complete this examination. You can expect to leave the test center at 12:00 noon, except at the NSCA National Conference. If you complete the examination early, you may request permission to leave.
5. Additional time, beyond that stated above, for completion of the examination will not be allowed.

Rules for Examination

1. Our exam service will provide pencils at the testing site.
2. You may wish to bring a watch to help pace yourself on the test. The test center supervisor will keep the official time and ensure that you are given the allotted amount of time for the test.
3. No books, slide rules, calculators, papers, dictionaries or other reference materials may be taken into the examination room.
4. No test materials, documents or memoranda of any kind are to be taken from the examination room.
5. No questions concerning the content of the examination may be asked during the test. Listen carefully to the instructions given by the proctor, and read all directions in the test booklet thoroughly.
6. You may comment on any question if you believe it is misleading or deficient in accuracy or content. A form for this purpose is included

Administrative Policies

Examination scores are never released by telephone, fax or e-mail, even to candidates

on the back of your answer sheet. Be specific when commenting on any item. Each comment is reviewed by the examination committee before test scoring. Individual responses to question comments, however, are not provided and such comments do not affect test scores.

7. You must have the test center supervisor's permission to leave the room during the examination. You will not be allowed additional time to make up for time lost.
8. The test center supervisor may dismiss a candidate from the examination for any of the following reasons: if the candidate's admission to the examination is unauthorized; if a candidate creates a disturbance, is abusive or is otherwise uncooperative; if a candidate gives or receives help or is suspected of doing so; if a candidate attempts to remove test materials or notes from the test center; or if a candidate attempts to take the examination for someone else.

Release of Information

Both the NSCA Certification Commission and its testing agency are committed to protecting the confidentiality of candidate records. For this reason, examination scores are never released by telephone, fax or e-mail, even to candidates. Also, information regarding candidate scores is never released to any third party. Verification of the certified status of an individual, however, is provided upon receipt of a written request.

Neither the NSCA nor the NSCA Certification Commission Executive Council members or their respective staff are involved in any way with the handling or scoring of any examination. This is the testing agency's responsibility.

NSCA Certification Commission Privacy Policy

The NSCA Certification Commission is committed to the right of privacy for certificants (Certified Strength and Conditioning Specialist and NSCA-Certified Personal Trainer) and examination candidates. The NSCA Certification Commission will exercise care with customer property and personal information while it is under our control or used by the Commission. The Commission staff will handle and protect customer property/information as is done with all Commission property. Only employees authorized by the Commission Administrator (or designee) will have access to customer files to such employees responsible for maintaining the confidentiality of the information in those files.

The NSCA Certification Commission staff will not discuss, disclose or release any information submitted for certification purposes to any third party without the certificant or candidate's written consent.

Administrative Policies

- The official examination candidate needs to make all inquiries pertaining to material submitted for certification examinations and/or information related to the exam administration.
- With the exception of verification of certification, written consent from the certificant is required prior to the release of any information from the individual's record.

To complete and submit the "Authorization to Release Information Form," please visit our Web site at www.nasca-cc.org/downloads/release.pdf. Or contact the NSCA Certification Commission at commission@nsca-cc.org to receive a faxed or mailed copy of this release form.

NSCA Certification Commission reserves the right to modify its Privacy Policy without prior notification. In the event that we make a material change to our policy, we will post a notice of the change on this page.

The testing agency will mail a score report to you six to eight weeks following the examination.

Reporting of Results

The testing agency will mail a score report to you six to eight weeks following the examination. Your total scaled score will determine whether you pass. This scaled score is statistically derived from the raw score and can range from 1 through 99. The passing scaled score is 70 for the examination. The passing score reflects the amount of knowledge that a committee of experts has determined to be appropriate for credentialing. A criterion-referenced standard-setting procedure and expert judgment were used to evaluate each item on the examination in order to identify the passing point. A candidate's ability to pass the examination depends on the amount of knowledge displayed and is not based upon the performance of others taking the test (i.e., the examination is not based on a "curve").

The reason for calculating scaled scores is that different forms (or versions) of the test may vary in difficulty. As new forms of the test are introduced, a certain number of questions in each content area are replaced by new questions. These changes may cause one form of the test to be slightly easier or more difficult than another form. To adjust for these differences in difficulty, a procedure called "equating" is used. The goal of equating is to ensure fairness to all candidates.

In the equating process, the minimum raw score (number of correctly answered questions) required to equal the passing scaled score of 70 is statistically adjusted (or equated). For instance, if the test is determined to be more difficult than the base form of the test, then the minimum raw score required to pass will be slightly lower than the original passing raw score. If the test is easier, the passing raw score will be higher.

Administrative Policies

Equating helps to assure that the passing scaled score of 70 represents the same level of knowledge, regardless of which form of the test a candidate takes.

Scores Canceled by the NSCA Certification Commission Executive Council

The testing agency is obligated to the NSCA Certification Commission Executive Council to report scores that accurately reflect the performance of each candidate. For this reason, the testing agency maintains test administration and test security standards that are designed to assure that all candidates are provided the same opportunity to demonstrate their abilities and to prevent some candidates from gaining an unfair advantage over others due to testing irregularities or misconduct. The testing agency will routinely review irregularities and test scores suspected of resulting from unusual or nonstandard circumstances and report such to the Executive Council.

The NSCA Certification Commission Executive Council reserves the right to withhold or cancel test scores if, in its opinion, there is reason to question their validity. Scores considered for cancellation by the Executive Council may be grouped into two categories:

The NSCA Certification Commission Executive Council reserves the right to withhold or cancel test scores if, in its opinion, there is reason to question their validity.

1. *Suspected candidate misconduct:* In such cases, the NSCA Certification Commission may initially withhold test scores and notify the candidates so that they have the opportunity to provide additional information as requested by the Executive Council. The Executive Council may also undertake a confidential review of the circumstances giving rise to questionable score validity. If it is determined that there is sufficient cause to question score validity, the Executive Council may cancel the score(s) and inform the involved parties.
2. *Irregularities:* Scores may be withheld and/or canceled because of circumstances beyond the candidates' control, such as defective test materials or mistiming of the exam. In such cases, candidates will be informed and offered an opportunity to retake the examination if the NSCA Certification Commission Executive Council determines that scores must be canceled.

In addition to the reasons listed above, the NSCA Certification Commission Executive Council may withhold or cancel examination results if, upon investigation, a violation of policies as outlined in this publication is found to have been committed.

Administrative Policies

Verification of Scores

Candidates receiving failing scores may request a handscoring of the answer sheet they submitted. A request for handscoring should be submitted in writing with a \$25 handscoring fee to the NSCA Certification Commission. Upon receipt of a written request and handscoring fee, the candidate's answer sheet will be inspected and handscored by the testing agency. This process ensures that no stray pencil marks, multiple responses or other conditions interfered with computer scoring. Requests for handscoring answer sheets must be received no later than 60 days following the release of examination results. Requests received after that date will not be honored.

To ensure correct reporting of results, the testing agency selects a random sampling of answer sheets of candidates who score within one unit of passing. These answer sheets are manually rescored before results are mailed as a quality control measure.

Therefore, the NSCA Certification Commission Executive Council does not encourage candidates to request verification of their score as it is extremely doubtful that any examination results will be changed from "fail" to "pass."

Receiving Your Certificate

When you pass the NSCA-CPT examination, you will receive a certificate acknowledging your achievement in approximately two weeks after receiving your results.

Continuing Education Requirements

Candidates who pass the examination will receive information concerning requirements associated with the NSCA Certification Commission's Continuing Education Unit (CEU) program. It is important that this information be thoroughly read and understood. NSCA-Certified Personal Trainers are required to earn 6.0 CEUs (typically 1 contact hour equals 0.1 CEU) over specific three-year periods (2003-2005, 2006-2008, etc.) to maintain their certification. *Those certified within an existing three-year period will have their initial CEU requirement prorated to the end of the reporting period.*

A recertification fee will be assessed for each three-year period. Those holding both certifications (CSCS and NSCA-CPT) are required to submit a CEU Reporting Form and appropriate recertification fee for each certification held; however, they may not need to acquire separate CEUs for each certification. CEUs acquired will apply to both certifications in most cases. No CEUs will be awarded for activities completed prior to becoming certified.

When you pass the NSCA-CPT exam, you will receive a certificate acknowledging your achievement in approximately two weeks after receiving your results.

Administrative Policies

Reasons for Disciplinary Action

The NSCA Certification Commission Executive Council has approved the following items as reasons why registrants for the NSCA-CPT examination may be refused or for which examination candidates or credentialed individuals may be disciplined, including the revocation of their certified status:

1. Obtaining or attempting to obtain certification by fraud, deception or artifice.
2. Knowingly assisting another person or other persons in obtaining or attempting to obtain certification by fraud, deception or artifice.
3. Illegal use or falsification of certification certificates, credentials or any other NSCA-CPT documents.
4. Unauthorized possession and/or distribution of any official NSCA-CPT testing materials to include copying and/or reproduction of any part of NSCA-CPT examination questions or scenarios.
5. Unauthorized use of any of the registered trademarks owned by the NSCA or NSCA Certification Commission. These include the association and certification logos.
6. Not accumulating and/or reporting the required number of CEUs or not paying the recertification fee within the applicable time period.

Appeals

Any action taken by the NSCA Certification Commission Executive Council affecting the status of a certificant may be appealed. Appeals must be in writing and received within 90 days after receipt of such notice.

Statement of Nondiscrimination

The NSCA Certification Commission Executive Council does not discriminate among applicants on the basis of age, gender, race, religion, national origin, disability or marital status.

Test Content

To begin preparing in an informed and organized manner, candidates should be aware of what they are expected to know for the examination. The test outline on the next page describes the content covered on the examination. The outline provides a general impression of the examination and, with closer inspection, gives candidates specific direction for studying. For example, by comparing the number of items in each category, candidates can determine the relative importance given to each category on the examination. The detailed content outline on the following pages relates to the specific job tasks for a personal trainer.

The NSCA Certification Commission does not discriminate based on age, gender, race, religion, national origin, disability or marital status.

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

NSCA-CPT Examination Content

- 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

Helpful Tips

Helpful Pre-Exam Information

Visit www.nasca-cc.org: Many exam candidates find the “Suggestions for Using the NSCA Certification Commission's NSCA-CPT Review Materials” located in the “Downloads” section of the Web site to be helpful in their preparation for the exam.

Exam Hours: The examination hours are 8:30 a.m. to noon (except for the examination held in conjunction with the NSCA National Conference and at certain alternative sites).

Hotel Information: The best source for hotel information is a travel agency in your area or the Internet.

Admission Ticket: You will receive the admission ticket one week prior to the exam. If a map of the area is available, it will be provided.

Bring with You: Bring two forms of ID, one of which is photo-bearing and your admission ticket to the exam.

Questions? Contact the NSCA Certification Commission via phone (888-746-2378) or e-mail (commission@nsca-cc.org). We're here to help!

Helpful Post-Exam Information

Exam Scores: You will receive your exam score six to eight weeks after the exam administration.

Certificates: Individuals who pass the NSCA-CPT exam will receive their NSCA-CPT certificates two weeks after receiving the exam scores. Additional certificates are available for a nominal fee.

Certified Merchandise: NSCA-CPT credential holders may purchase a variety of materials, including posters, business cards and clipboards, that communicate their certified status. Visit www.nasca-cc.org to order.

Retakes: There is no limit to the amount of times you may retake the exam.

Continuing Education Requirements: Each NSCA-CPT certified professional must fulfill all continuing education requirements to retain NSCA-CPT certification through the next reporting period. Important recertification materials will be included with the NSCA-CPT certificate that is mailed to each newly certified individual.

Continuing Education Opportunities: Individuals who become NSCA-CPT certified have many opportunities to earn continuing education units. Some of the opportunities include online CEU quizzes, online practice exams and pre-approved courses/events listed on the CEU Activity Calendar. All of these CEU options are available at www.nasca-cc.org.

NSCA CERTIFICATION COMMISSION®

The Certifying Agency for the National Strength and Conditioning Association