

Reapplying for the NSCA-Certified Personal Trainer® Examination



NSCA CERTIFICATION COMMISSION

The Certifying Body of the National Strength and Conditioning Association

3333 Landmark Circle • Lincoln, NE 68504 • 402-476-6669 • Toll Free in the U.S.: 888-746-2378
Fax: 402-476-7141 • Fax on Demand: 877-441-2378 • www.nsca-cc.org • commission@nsca-cc.org

NSCA-CPT Examination Sites

2005

Saturday, May 21

Madrid, Spain
registration cutoff: April 11, 2005

Saturday, June 4

Albuquerque, New Mexico
Atlanta, Georgia
Chicago, Illinois
Honolulu, Hawaii
Jacksonville, Florida
Kansas City, Missouri
Los Angeles, California
New Orleans, Louisiana
New York, New York
Pittsburgh, Pennsylvania
Providence, Rhode Island
Reno, Nevada
Richmond, Virginia
Vancouver, British Columbia
early registration deadline: March 25, 2005
registration cutoff: April 8, 2005

Wednesday, June 8

North East, Maryland
registration cutoff: April 8, 2005

Saturday, June 11

Amarillo, Texas
Elyria, Ohio
Indianapolis, Indiana
Livonia, Michigan
registration cutoff: April 1, 2005

Saturday, June 11

Shanghai, China
registration cutoff: April 15, 2005

Saturday, June 18

Columbia, Missouri
Spokane, Washington
registration cutoff: April 8, 2005

Saturday, June 25

Phoenix, Arizona
Portland, Oregon
Salt Lake City, Utah
registration cutoff: April 15, 2005

Wednesday, July 6

Las Vegas, Nevada - NSCA National
Conference
London, England
early registration deadline: April 26, 2005
registration cutoff: May 10, 2005

Sunday, July 17

Crystal Lake, Illinois
registration cutoff: May 20, 2005

Sunday, July 24

Virginia Beach, Virginia
registration cutoff: May 13, 2005

Saturday, August 6

Stillwater, Oklahoma
registration cutoff: May 27, 2005

Saturday, August 6

Boston, Massachusetts
Dallas, Texas
Denver, Colorado
Los Angeles, California
Nashville, Tennessee
New Orleans, Louisiana
New York, New York
Omaha, Nebraska
Orlando, Florida
Philadelphia, Pennsylvania
Reno, Nevada
Seattle, Washington
Toronto, Ontario
Washington, DC
early registration deadline: May 27, 2005
registration cutoff: June 10, 2005

Saturday, August 13

Edmond, Oklahoma
San Antonio, Texas
registration cutoff: June 3, 2005

Saturday, August 20

Downers Grove, Illinois
registration cutoff: June 10, 2005

Saturday, August 21

Pretoria, South Africa
Stellenbosch, South Africa
registration cutoff: June 10, 2005

Saturday, October 1

Cleveland, Ohio
Dallas, Texas
Denver, Colorado
Indianapolis, Indiana
Kansas City, Missouri
Las Vegas, Nevada
Philadelphia, Pennsylvania
Phoenix, Arizona
Raleigh, North Carolina
Richmond, Virginia
San Diego, California
San Jose, California
Tallahassee, Florida
Vancouver, British Columbia
early registration deadline: July 22, 2005
registration cutoff: August 5, 2005

NSCA-CPT Examination Sites

2005

Tuesday, November 1

Chicago, Illinois

registration cutoff: September 2, 2005

Saturday, November 19

Phoenix, Arizona

registration cutoff: September 9, 2005

Saturday, December 3

Atlanta, Georgia

Chicago, Illinois

Ft. Lauderdale, Florida

Houston, Texas

Kansas City, Missouri

Los Angeles, California

New York, New York

Phoenix, Arizona

Pittsburgh, Pennsylvania

Portland, Oregon

Providence, Rhode Island

Richmond, Virginia

San Juan, Puerto Rico

Toronto, Ontario

early registration deadline: Sept. 23, 2005

registration cutoff: October 7, 2005

Saturday, December 10

Omaha, Nebraska

registration cutoff: September 30, 2005

Saturday, December 17

Amarillo, Texas

registration cutoff: October 7, 2005

For exam sites with only one
deadline listed, candidates
should provide payment of the
appropriate early registration fee.

For a list of recently added exam
sites, please visit our Web site at
www.nasca-cc.org

Reapplying for the NSCA-CPT Examination



The enclosed postcard will serve as verification that the NSCA Certification Commission received your registration.

In the event you do not achieve a passing score on the NSCA-Certified Personal Trainer® (NSCA-CPT®) examination, you may retake the exam. When reapplying, you need to send a newly completed registration form, a copy of each side of your current CPR card and your registration fee.

Registration Procedures for Reapplication

1. Check the examination schedule listed in this brochure to select your preferred date and site. For recent additions to the examination schedule, please refer to www.nasca-cc.org.
2. Complete and sign the enclosed NSCA-CPT Examination Registration Form.
3. Provide proof of current CPR certification by submitting a photocopy of both sides of your CPR card.
4. Send the completed Registration Form, required documentation and appropriate registration fees (early/late, NSCA member/nonmember) to the NSCA Certification Commission.

Online Registration

You may also register for the NSCA-CPT examination online. Please refer to www.nasca-cc.org for details.

Registration Deadlines

To receive the lowest examination fee, the registration must be postmarked on or before the early registration deadline. If it is postmarked after that date, the standard registration fee will apply. If it is postmarked after the registration cut-off date, the Commission will not accept it and will return it to you. To receive the discounted NSCA member rate, you must be a current NSCA member at the time of registration.

Registration Confirmation

You should receive your official confirmation notice approximately three weeks after the registration cut-off date. Your confirmation notice will indicate the tentative exam location in the city for which you have registered. On rare occasions, the examination service moves the exam location due to difficulties at the original site. The location remains tentative until you receive your admission ticket(s) listing the institution, building name and room number.

Included with your official confirmation is the Candidate Handbook, which provides greater detail about the examination process as well as exam format and content. Please review the confirmation notice carefully and contact the exam Department at ext. 103 or 118 if it contains any errors.

Admission to the Test Center

One week prior to the examination date, you should receive one test center admission ticket for *each* section of the examination for which you are registered (the CSCS exam has two sections). The ticket(s) will identify the exact time and location where you are to report for the examination. The admission ticket(s) also serve as authorization to sit for the examination. If the information is incorrect, immediately contact the Exam Department at ext. 103 or 118 since incorrect information could prevent you from being admitted to the testing center.

Registration information is continued on the next page.

Reapplying for the NSCA-CPT Examination

Notify the Certification Commission immediately if there are errors on your verification postcard or admission ticket.

If You Move

If you change your mailing address after registering for an exam, be sure to give us prompt notification of your new address to prevent your admission ticket(s) from being delayed or lost in the mail. You may also change your address by visiting www.nasca-cc.org and clicking on "Find a Topic..." to go to the "Change of Address Form" link.

Cancellation and Refund Policy

To cancel your registration, notify the NSCA Certification Commission in writing. If it is received at least seven days before the scheduled exam date, you will receive a 50% refund. Contact the Comptroller at ext. 104 with any questions.

The Certification Commission's Executive Council retains the right to cancel an examination should fewer than 15 individuals register for an exam site. If your exam site/date is cancelled, you will be notified no later than four weeks after the registration cut-off date and offered the opportunity to transfer to a different site at no cost. The NSCA Certification Commission is not responsible for expenses incurred by a candidate due to a cancelled exam (airfare, hotels, etc.).

Transfer Policy

If you are unable to take the exam on the date for which you registered, you may transfer your registration by contacting the Exam Department at 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 and be required to submit a \$75 transfer fee. Exam registrations cannot be transferred to another person.

Visit www.nasca-cc.org for helpful tips on preparing for the NSCA-CPT examination.



Reapplying for the NSCA-CPT Examination

1. Candidate Name:

First: _____ MI: _____ Last: _____

The following demographic information is not required, but all information is appreciated.

Gender: Female Male

Age: 18 – 25 26 – 35 36 – 45 46 or older

Race: Asian African American Caucasian Hispanic Other _____

2. Social Security or ID Number: _____ - _____ - _____

3. Mailing Address: _____ Apt. # _____

City: _____ State/Province: _____ ZIP/Postal Code/Country: _____

4. Phone/Fax/E-mail: Work Phone: (____) _____ Home Phone: (____) _____

Fax: (____) _____ E-mail Address: _____

5. Education: Check those that apply and answer questions.

I am a STUDENT at a college/university

In a two year degree program with a major in _____

In a four year degree program with a major in _____

I am a GRADUATE of a two, four or higher year degree college/university

From a two year or higher degree program with a major in _____

BS/BA degree in _____ MS/MA degree in _____

EdD/PhD in _____ Other _____

6. Occupation/Job Title: _____ / _____

7. Have you previously taken the examination? Yes (Answer questions below) No (Skip to #8)

● Are you taking this examination for recertification? Yes, Certification Number: _____ No

● When and where did you previously take the examination?

Month/Year: _____ City/State/Province: _____

8. Date and site for which you are currently registering:

Month/Day/Year: _____ City/State/Province: _____

9. Are you currently an NSCA member?

Yes, my NSCA member ID number is ____ - ____ - ____ - _____. (Call the NSCA at 800-815-6826 or 719-632-6722 for your member number.) **Test results are not released to candidates who indicate here that they are NSCA members but whose membership status cannot be verified by the NSCA office.**

I just became a member of the NSCA in order to register at the reduced member price but have not yet received my official NSCA membership number. My confirmation number is: _____.

No, but I wish to join the NSCA at this time so that I can register at the reduced member rate for this examination. I have mailed the completed membership application (found on page 20) and the membership fee to the NSCA using the return envelope included in this brochure. Note: Contact the NSCA Membership Department by dialing 800-815-6826 or 719-632-6722, visiting www.nasca-lift.org or e-mailing nsca@nsca-lift.org.

No, I do not wish to join the NSCA, and I am not applying for membership at this time. I understand that I am paying a higher exam registration fee and am not receiving the professional and educational benefits of NSCA membership.

Reapplying for the NSCA-CPT Examination

10. Special Accommodation Requested: To have your special accommodation considered, you must include (with your registration) documentation of your specific condition and a clear statement of the nature of the accommodation you need. (See Page 3.)

None Vision Hearing Dyslexic Attention Deficit Disorder/ADHD Other _____

11. Do you currently have CPR certification or will you by the date of the exam?

Please refer to page 3 for CPR certification guidelines.

Yes, exp. date: _____ No **(The NSCA Certification Commission will not release your exam scores until we receive documentation that you have completed CPR certification.)**

12. Registration Fees (paid when registering):

| | <i>Early Registration</i> | <i>Registration Cut-off</i> | |
|----------------------|--------------------------------|--------------------------------|--|
| NSCA Member | | | |
| initial registration | <input type="checkbox"/> \$225 | <input type="checkbox"/> \$260 | |
| retake fee | <input type="checkbox"/> \$180 | <input type="checkbox"/> \$205 | |
| Non-Member | | | No registration will be accepted after the registration cut-off. |
| initial registration | <input type="checkbox"/> \$310 | <input type="checkbox"/> \$345 | |
| retake fee | <input type="checkbox"/> \$265 | <input type="checkbox"/> \$290 | |

13. Method of Payment:

Check or money order (U.S. funds only) payable to: **NSCA Certification Commission**

VISA MasterCard American Express Account #: _____

Exp. Date: _____ Cardholder's Signature: _____

14. How did you hear about the NSCA Certification Commission?

College Work Web Direct Mail Advertisement in: _____ Other: _____

I have read and understand the Transfer, Cancellation and Refund Policies found on Page 4 of this brochure.

Signature: _____

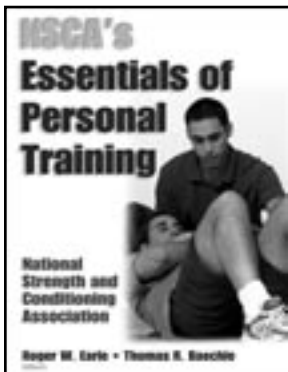
Affirmation:

By signing and submitting this **NSCA-CPT** exam registration, I accept the conditions set forth by the NSCA Certification Commission concerning the administration, reporting of examination scores and the certification/recertification processes and policies. I attest that the information contained in this registration is true, complete and correct to the best of my knowledge and is made in good faith. I understand that if any information is later determined to be false, the NSCA Certification Commission Executive Council reserves the right to revoke the certification that has been granted on the basis thereof. I also understand that any irregularity in connection with any NSCA Certification Commission examination could result in immediate revocation of my certification. These irregularities include—but are not limited to—copying answers; permitting another person to copy answers; falsifying information required for admission to the examination; impersonating another exam candidate; falsifying education or credentials; or providing and/or receiving unauthorized advice about exam content before, during or following the examination. I further understand that any unauthorized possession of, use of, distribution of or access to NSCA Certification Commission examinations, certificates, logos, abbreviations relating thereto and any other NSCA Certification Commission documents and materials could result in immediate revocation of my certification. I also understand and will abide by the Continuing Education Unit (CEU) requirements established in order to be recertified. **Note: The details and fees in this brochure are subject to change without notice.**

Signature: _____

Mail your registration form and materials to: NSCA Certification Commission • 3333 Landmark Circle • Lincoln, NE 68504

Reapplying for the NSCA-CPT Examination

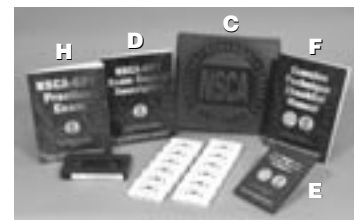


A. NSCA's Essentials of Personal Training: This text is the primary preparation resource for the NSCA-CPT examination, as well as a comprehensive reference text for all professionals in the personal training field. The text includes contributions from renowned experts about the scientific principles and concepts of personal training and the practical guidelines of client consultation and evaluation, testing protocols and norms, exercise technique, and program design. Further, there is targeted up-to-date information that gives readers knowledge to work with clients who have special exercise needs, such as pregnant women, older adults, prepubescents, athletes, overweight clients, and those with medical concerns. In addition, the text highlights important topics regarding the business of personal training, including facility and equipment maintenance, business management, and legal issues. (\$63.00)*

B. NSCA-CPT Exam Review Kit: The kit includes (C) *Essentials of Personal Training Symposium* workbook and audiocassettes, (D) *NSCA-CPT Exam Content Description*, (E) *Free Weight and Machine Exercise Techniques* video, (F) *Exercise Technique Checklist Manual* and (H) *NSCA-CPT Practice Exam, Volume I* (booklet and video). Note the Kit does not include the NSCA's

Essentials of Personal Training text. (\$138.95)*

C. Essentials of Personal Training Symposium workbook and audiocassettes: This workbook (11 sections, 409 pages) and set of 12 companion audiocassettes (over 12 hours) were developed and recorded during a recent *Essentials of Personal Training Symposium*. The primary purpose of this material is to review the content areas related to the NSCA-CPT examination. The outlines in the workbook are designed to assist in your understanding of the information on the audiocassettes. Also included is a reference list, set of study questions and 29 articles that pertain to selected personal training topics. *Nuevo! El libro y las grabaciones de las presentaciones del simposio del "esencial del entrenamiento personal" están disponibles en español!* (\$99.95)*



D. NSCA-CPT Exam Content Description: This booklet provides a detailed listing of the job-related tasks, relative content weighting and additional references for the NSCA-CPT exam. (\$17.95)*

E. Free Weight and Machine Exercise Techniques video: This 82-minute video shows the proper technique for 38 common weight training exercises (10 machine and 28 free weight exercises). It identifies the primary muscle groups involved and the correct grip width, stance, body position and range of motion. It also provides tips for correcting errors and avoiding injury. Please make sure to indicate on the order form if you want the DVD or the VHS tape. A PAL format videotape is also available. Please call the Products Department at ext. 109 or 116 for more information. (\$40.95)*

F. Exercise Technique Checklist Manual: Designed for use with the *Free Weight and Machine Exercise Techniques* video, this 68-page manual provides a detailed explanation of the techniques for the 38 commonly performed free weight and machine exercises shown in the video. Each exercise includes a description of joint actions, muscles involved and spotting suggestions. (\$27.95)*

G. Exercise Technique set: Includes (E) *Free Weight and Machine Exercise Techniques* video and (F) *Exercise Technique Checklist Manual*. (\$59.95)*

H. NSCA-CPT Practice Exam, Volume I: Booklet and video. (\$31.95)*

I. NSCA-CPT Practice Exam, Volume II: Booklet and video. (\$31.95)*

J. NSCA-CPT Practice Exam, Volume II: Booklet only. (\$23.95)*

K. NSCA-CPT Practice Exam set: Includes (H) and (J). (two booklets and one video) (\$52.95)*

Available in *Volume I* and *Volume II*, the *NSCA-CPT Practice Exams* allow you to learn the nature, scope and format of the exam, discover the level of difficulty of the questions and receive feedback on your level of preparedness *before* taking the actual exam. Each 47-question self-assessment closely parallels the format, content areas, types of questions and level of difficulty of the NSCA-CPT exam. They also identify where you can locate excerpts in the *Essentials of Personal Training Symposium* workbook that focus on the content covered in each question.

Like the actual exam, the *NSCA-CPT Practice Exams* include an exam booklet and videotape. The videotape component includes questions that cover exercise technique and anatomical and biomechanical knowledge areas. At the end of the booklet, a self-assessment form enables you to identify your level of preparedness and a scoring form helps you to compare your results with statistically comparable scores required to pass the NSCA-CPT exam. Each of the two volumes contains entirely unique questions to provide maximum exposure to sample examination questions. (Each of the volumes refers to the same *NSCA-CPT Practice Exam* videotape.) *Note:* A PAL format video is also available.

* Prices shown are for NSCA members. For special package pricing, refer to the order form on Page 8.

NSCA-CPT Examination Review Materials

Phone in your order, mail/fax this form or visit www.nsca-cc.org to place your order online. If mailing/faxing, mark the quantity of each item desired, fill out both sides of the form and send it with payment to the NSCA Certification Commission. Allow two to three weeks for standard shipping. Allow five days for express shipping. If you have questions about the materials or international shipping options, contact the Products Department at ext. 109 or 116. **There is a tremendous savings (\$70.85) when ordering the NSCA-CPT Exam Review Kit!**

| | Quantity Ordered | NSCA Member Price | Non- Member Price | Amount Due |
|---|---------------------|-------------------------|-------------------------|---------------|
| A. NSCA's <i>Essentials of Personal Training</i> textbook Orders filled February 2004 | _____ | \$63.00 | \$70.00 | \$ _____ |
| B. NSCA-CPT EXAM REVIEW KIT | _____ | \$138.95 | \$229.95 | \$ _____ |
| C. <i>Essentials of Personal Training Symposium</i> workbook and audiocassettes | | | | |
| D. <i>NSCA-CPT Exam Content Description</i> | | | | |
| E. <i>Free Weight and Machine Exercise Techniques</i> video <input type="checkbox"/> VHS <input type="checkbox"/> DVD | | | | |
| F. <i>Exercise Technique Checklist Manual</i> | | | | |
| H. <i>NSCA-CPT Practice Exam, Volume I</i> (booklet & video) | | | | |
| C. <i>Essentials of Personal Training Symposium</i> workbook and audiocassettes | _____ | \$99.95 | \$149.95 | \$ _____ |
| D. <i>NSCA-CPT Exam Content Description</i> | _____ | \$17.95 | \$29.95 | \$ _____ |
| E. <i>Free Weight and Machine Exercise Techniques</i> video | _____ | \$40.95 | \$61.95 | \$ _____ |
| <input type="checkbox"/> VHS <input type="checkbox"/> DVD | | | | |
| F. <i>Exercise Technique Checklist Manual</i> | _____ | \$27.95 | \$41.95 | \$ _____ |
| G. <i>Exercise Technique</i> set | _____ | \$59.95 | \$87.95 | \$ _____ |
| <input type="checkbox"/> VHS <input type="checkbox"/> DVD | | | | |
| H. <i>NSCA-CPT Practice Exam, Volume I</i> (booklet & video)..... | _____ | \$31.95 | \$39.00 | \$ _____ |
| I. <i>NSCA-CPT Practice Exam, Volume II</i> (booklet & video)..... | _____ | \$31.95 | \$39.00 | \$ _____ |
| J. <i>NSCA-CPT Practice Exam, Volume II</i> (booklet only)..... | _____ | \$23.95 | \$28.95 | \$ _____ |
| K. <i>NSCA-CPT Practice Exam</i> set (two booklets and one video)..... | _____ | \$52.95 | \$64.00 | \$ _____ |

| Shipping Rates | | | |
|-----------------------|---------|---------------------------------------|---------------|
| Invoice Price | U.S. | Alaska, Hawaii, Canda, Puerto Rico | International |
| 0-\$60.00 | \$6.00 | \$17.00 | \$35.00 |
| \$60.01-\$99.99 | \$7.00 | \$18.00 | \$50.00 |
| \$100.00-\$164.99 | \$8.00 | \$19.00 | \$65.00 |
| \$165.00-\$230.00 | \$9.00 | \$20.00 | \$80.00 |
| \$230.01 & Up | \$10.00 | \$21.00 | \$95.00 |

| | |
|---|----------|
| Total Amount Due for Materials: | \$ _____ |
| Nebraska Residents add 5.5% sales tax: | \$ _____ |
| Shipping & Handling (see chart): | \$ _____ |
| Express Shipping additional \$12 (U.S. only): | \$ _____ |
| TOTAL DUE (for entire order): | \$ _____ |

NSCA-CPT Examination Review Materials

Name _____ Membership Number (if applicable) _____

Shipping Address (not a PO Box) _____

City/State/Country and ZIP/Postal Code _____

Phone (_____) _____ Fax (_____) _____

E-mail _____

NOTES:

- Unless otherwise specified, materials are sent UPS Ground. Express Shipping Service available only in the continental U.S. Allow five days for processing Express Shipments.
- Shipping internationally? All international shipments are sent via Airborne Express. Allow five to seven days for delivery. Contact the Products Department at ext. 109 or 116 or via e-mail at products@nsca-cc.org for other options.
- Countries outside the U.S. may impose additional fees (customs, brokerage, etc.) on the incoming shipment that must be paid by the recipient. The NSCA Certification Commission is not responsible for excise taxes, custom fees or duties for items shipped outside the U.S.
- Purchase orders are not accepted.
- Prices are subject to change without notice.
- To receive member prices, contact the NSCA at 800-815-6826 to become a member or join online at www.nsca-lift.org. If you have not received your official NSCA membership number, your confirmation number can be used to obtain membership prices on materials.

Four ways to order!



Call toll-free within the U.S. and
Canada:



**888-746-CERT (2378) or
(402) 476-6669, ext. 109 or 116**



Fax this form and credit card info to:

(402) 476-7141



Mail this form and payment to:

**NSCA Certification Commission
3333 Landmark Circle
Lincoln, NE 68504**

Order online from our secure Web site:
www.nsca-cc.org

Payment Information

Check or Money Order (U.S. funds only) payable to:

NSCA Certification Commission

VISA MasterCard American Express

Account Number

Expiration Date

Signature

Looking for additional guidance on review materials and/or suggestions on how to use them?

Visit www.nsca-cc.org to find downloadable files entitled "How to Study for the NSCA-CPT Exam." These documents offer flowcharts that deliver suggestions on how to prepare for the exam based on your educational background and experience. Although these documents cannot guarantee successful completion of the exam, they are a helpful starting point for those who desire additional guidance on how to use the Commission's review materials to prepare for the exam. While comprehension of the information presented in the review materials should certainly increase the likelihood of passing the NSCA-CPT certification examination, they do not guarantee a successful performance. The questions on the NSCA-CPT examination are developed from numerous resources in addition to these materials.