

NSCA-CPT EXAMINATION REVIEW MATERIALS



B. NSCA-CPT Exam Review Kit: The kit includes (C) *Essentials of Personal Training Symposium* workbook and audio CDs, (D) *NSCA-CPT Exam Content Description* booklet, (E) *Free Weight and Machine Exercise Techniques* video, (F) *Exercise Technique Checklist Manual* and (H) *NSCA-CPT Practice Exam, Volume 1* (booklet and video). **NOTE:** The kit does not include the NSCA's *Essentials of Personal Training* textbook. (\$138.95 USD)*

C. *Essentials of Personal Training Symposium* workbook and audio CDs: This workbook and set of 17 companion audio CDs (over 15 hours) 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 audio CDs. Also included is a reference list and articles that pertain to selected personal training topics. (\$99.95 USD)* **Nuevo! El libro y las grabaciones de las presentaciones del simposio del "esencial del entrenamiento personal" están disponibles en español!**

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

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. **NOTE:** A PAL format videotape is also available. Please call the Products Department at ext. 109 or 116 for more information. (\$40.95 USD)*

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. Exercise information includes a description of joint actions, the muscles involved and spotting suggestions. (\$27.95 USD)*

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

H. *NSCA-CPT Practice Exam, Volume 1*: Booklet and video. (\$31.95 USD)*

I. *NSCA-CPT Practice Exam, Volume 2*: Booklet and video. (\$31.95 USD)*

J. *NSCA-CPT Practice Exam, Volume 2*: Booklet only. (\$23.95 USD)*

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



Available in *Volume 1* and *Volume 2*, 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 NSCA's *Essentials of Personal Training* textbook, the *Essentials of Personal Training Symposium* workbook and the *Free Weight and Machine Exercise Techniques* video that focus on the content covered in each question.

Like the actual exam, each *NSCA-CPT Practice Exam* includes an exam booklet and video. The video 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, but each of the volumes refers to the same *NSCA-CPT Practice Exam* video. **NOTE:** A PAL format videotape is also available.

While comprehension of the information presented in the review materials should certainly increase the likelihood of passing the NSCA-CPT certification examination, it does not guarantee a successful performance. The questions on the NSCA-CPT examination are developed from numerous resources in addition to these materials. **Please note that examination review materials are not included with registration for the NSCA-CPT exam.**

NSCA-CPT REVIEW MATERIALS ORDER FORM

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. 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 (\$79.80 for members) when ordering the NSCA-CPT Exam Review Kit!**

	<i>Quantity Ordered</i>	<i>NSCA Member Price</i>	<i>Nonmember Price</i>	<i>Amount Due</i>
A. NSCA's <i>Essentials of Personal Training</i> textbook	_____	\$63.00	\$70.00	\$ _____
B. NSCA-CPT EXAM REVIEW KIT	_____	\$138.95	\$229.95	\$ _____
C. <i>Essentials of Personal Training Symposium</i> workbook and audio CDs				
D. NSCA-CPT Exam Content Description booklet				
E. <i>Free Weight and Machine Exercise Techniques</i> video <input type="checkbox"/> DVD <input type="checkbox"/> VHS				
F. <i>Exercise Technique Checklist Manual</i>				
H. NSCA-CPT Practice Exam, Volume 1 (booklet and video) <input type="checkbox"/> DVD <input type="checkbox"/> VHS				
C. <i>Essentials of Personal Training Symposium</i> workbook and audio CDs	_____	\$99.95	\$149.95	\$ _____
D. NSCA-CPT Exam Content Description booklet	_____	\$17.95	\$29.95	\$ _____
E. <i>Free Weight and Machine Exercise Techniques</i> video	_____	\$40.95	\$61.95	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				
F. <i>Exercise Technique Checklist Manual</i>	_____	\$27.95	\$41.95	\$ _____
G. <i>Exercise Technique</i> set (E and F)	_____	\$59.95	\$87.95	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				
H. NSCA-CPT Practice Exam, Volume 1 (booklet and video)	_____	\$31.95	\$39.00	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				
I. NSCA-CPT Practice Exam, Volume 2 (booklet and video)	_____	\$31.95	\$39.00	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				
J. NSCA-CPT Practice Exam, Volume 2 (booklet only)	_____	\$23.95	\$28.95	\$ _____
K. NSCA-CPT Practice Exam set* (two booklets and one video)	_____	\$52.95	\$64.00	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				

* The same Practice Exam video is used for both Volume 1 and Volume 2

Shipping Rates					
<i>Invoice Price</i>	<i>U.S.</i>	<i>Alaska, Hawaii, Canada, Puerto Rico</i>	<i>International</i>		
0-\$60.00	\$6.00	\$17.00	\$35.00	<i>Total Amount Due for Materials:</i>	\$ _____
\$60.01-\$99.99	\$7.00	\$18.00	\$50.00	<i>Shipping and Handling (see chart):</i>	\$ _____
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\$230.01 & Up	\$10.00	\$21.00	\$95.00	<i>Nebraska Residents add 5.5% sales tax to subtotal:</i>	\$ _____
				TOTAL DUE (for entire order):	\$ _____

The NSCA-CPT Review Materials Order Form is continued on the next page.

NSCA-CPT REVIEW MATERIALS ORDER FORM

Name _____ Membership Number (if applicable) _____

Shipping Address (not a PO Box) _____

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NOTES:

- Unless otherwise specified, materials are sent UPS Ground. Express shipping service available only in the continental U.S.
- Shipping internationally? International shipments are sent via DHL/Airborne Express or USPS Express Mail based on the destination country. 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.
- Returned merchandise will be accepted up to 30 days from the date of purchase. All materials returned must be in resale condition. We reserve the right to refuse damaged merchandise. Customer is responsible for all return shipping charges.
- To receive member prices, contact the NSCA at 800-815-6826 to become a member or join online at www.nasca-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!



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

Visit www.nasca-cc.org/downloads to find the downloadable file entitled "NSCA-CPT Exam Preparation Suggestions." This document offers flowcharts that provide suggestions on how to aid in preparation for the exam based on your educational background and experience. Although this document cannot guarantee successful completion of the exam, it is 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, it does not guarantee a successful performance. The questions on the NSCA-CPT examination are developed from numerous resources in addition to these materials.