

# NATIONAL FEDERATION OF PROFESSIONAL TRAINERS

# CERTIFIED PERSONAL TRAINER (CPT) EXAMINATION CONTENT OUTLINE



The NFPT-CPT exam is designed to assess the understanding of fundamental exercise science principles and training methodologies for safe and effective fitness program design.

The Certified Personal Trainer, CPT, designation assures a level of competency to stakeholders (i.e. consumer/public, employers and regulatory agencies) of on-the-job requirements of the Certified Personal Trainer.

#### **5 EXAM CATEGORIES**

#### Training Program Development, Implementation and Modification (33%)

Apply client screening and consultation guidelines of the assessment process.

Implement appropriate training program and recognize differences in various programs for individual abilities and goals.

Re-asses for modifications.

#### Principles of Human Anatomy (20%)

Understand structure and form of the human body and how it is designed to perform voluntarily at will, and involuntarily to sustain life.

#### Fitness Components (23%)

Apply the 5 components of fitness respective to the needs, abilities and goals of the individual. Know which training method, and understand the various types, for the individual need and how the 5 fitness components support the goal.

#### Principles of Human Physiology (19%)

Understand this branch of biology with a focus on how the organ systems, organs, cells and biomolecules carry out the chemical and physical functions of the human body.

#### Professionalism and Communication Skills (5%)

Understand the essentials for effective communication, professional conduct and legal considerations.

## **CPT EXAM Checklist by Category**

1. Training Program Development, Implementation and Modification



# **Conduct Client Consultation and Assessment**

Conduct screening and identify risk factors (e.g., CVD, PAR-Q, medical history, contraindications)

Collect appropriate documentation (e.g., hold harmless/liability waiver, physician waivers)

Programming aspects (e.g., expectations, goal-setting, scheduling)

Apply fitness assessment techniques for the following fitness components

\*Non-performance variables (e.g., resting heart rate, blood pressure, body composition)

\*Performance variables (e.g., cardiorespiratory condition, muscle endurance, muscle strength, flexibility)

Recognize contraindicated exercises and physical limitations

Interpret assessment results and review with client

- \*Define and discuss factors that impact goals
- \*Exercise (e.g., over/under training)
- \*Nutrition (e.g., caloric intake, supplements, dietary recommendations)
- \*Hydration (e.g., water, electrolytes, fluid replacement)
- \*Lifestyle factors (e.g., scheduling factors, sleep, stress)

Identify realistic goals for the client (e.g., specific and measurable)



120 Multiple Choice Questions

2 Hour Time Limit

750/1000 Points to Pass

400+ Testing Locations

Exam Set by Appointment

Instant Exam Results

Personal Trainer
Certificate and
Membership Card 1
Week after Passing



### **Design and Implement Training Program**

Synthesize data to assist with developing a training program

Determine special exercise conditions (e.g., special populations, training environment)

Recognize steps in planning lifestyle change (e.g., large-scale dietary change, smoking cessation)

Determine training methods

- \*Anaerobic (e.g., repetition ranges, recovery, intensity)
- \*Aerobic (e.g., target heart rate zone, duration, frequency, speed)
- \*Stretching (e.g., static, dynamic, PNF)

Introduce training tools, equipment, and exercises (e.g. modalities, form)



# Monitor Program and Determine Need for Modification

Evaluate client progress and effectiveness of program

- \*Evaluate non-performance variables against goals (e.g., resting heart rate, blood pressure, body composition)
- \*Measure performance variables against goals (e.g., cardiorespiratory condition, muscle endurance, muscle strength, flexibility)
- \*Explore need for behavior change (e.g., sleep, stress, smoking cessation, compliance, eating habits)

Identify strategies for program improvement (e.g., psychological, physiological)

2. Fitness Components



## **Recognize Components of General Fitness**

Cardiorespiratory conditioning

Muscular endurance

Muscular strength

**Flexibility** 

**Body composition** 



Apply Basic Training Principles (e.g. FITT principle, Progressive Adaptations, Overload) to Fitness Components



## **Recognize Training Adaptations**

Anaerobic (e.g., strength, power)

Aerobic (e.g., endurance, fatigue)

Sports-specific (e.g., agility, speed)

Functional (e.g., core, stability, balance)

#### 3. Principles of Human Anatomy



### **Identify Components of the Following Systems**

Muscular system

Skeletal system

Nervous system

Respiratory system

Circulatory system

**Endocrine system** 

Digestive system

Immune system



# **Identify Types of Joints**



Recognize Muscle Types (i.e. skeletal, cardiac, smooth)



# Recognize Skeletal Muscle Structure and Components



# dentify Anatomical Positioning and Reference Points

4. Principles of Human Physiology



# Recognize the Function of Body Systems and How They Interact

Muscular system

Skeletal system

Nervous system

Respiratory system

Circulatory system

**Endocrine system** 

Digestive system

Immune system



# **Explain Musculoskeletal Biomechanics**

Planes of motion

Joint movements

Prime movers



# Differentiate Between Muscle Fiber Types (i.e. fast twitch and slow twitch)



Identify and define types of muscle contractions (e.g., concentric, eccentric, isometric)



Recognize neuromuscular recruitment patterns (e.g., contractile speed recruitment, immediate recruitment, depleting energy)



Identify proprioceptors and their functions (e.g., stretch reflex, muscle spindle)



#### Identify and describe the metabolic processes of the body

Nutritional factors (i.e., macronutrients, micronutrients, deficiencies)

Energy systems (e.g., aerobic, anaerobic, metabolic oxidation, ATP, lactic acid)

Metabolic limitations of the body (e.g., gluconeogenesis, protein synthesis/catabolism)

Additional factors that affect metabolic processes (e.g., age, stress, gender, sleep)

#### 5. Professionalism and Communication Skills



# **Apply Strategies for Effective Coomunication**

Verbal and non-verbal communication (e.g., listening, speaking, attention)

Problem solving and conflict resolution



**Recognize Professional Limitations** 



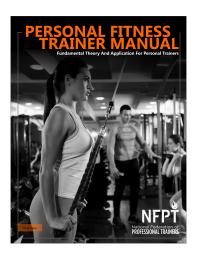
# Maintain Client Confidentiality



Practice within professional scope/boundaries (e.g., referrals to other professionals and resources)



Injury prevention and management (e.g., emergency medical plan, PRICE, exercise cessation)



Use the NFPT Personal Trainer Manual and Study Guide for exam prep. This manual is your complete guide to offering safe and effective fitness trainer services. The NFPT Manual is:

- Real-World: we focus on trend-free training methodologies that support day-to-day needs of the personal trainer
- Back-to-Basics: we offer a foundational knowledge that gives you ground level experience to build on
- Goal-Oriented: every training program is not created equal. Our manual will be your resource for creating personalized training programs

