



# NSCA-CPT EXAM CHANGES



Results of the Job Analysis Survey will be reflected on upcoming exams.

NSCA Certification recently conducted a Job Analysis Survey to revalidate the NSCA-CPT certification exam. As a result, the content weighting and scope of the knowledge, skills and abilities (KSAs) tested on the exam will change somewhat. The format of the exam you choose – Paper/Pencil or Computer-Based – and the date you plan to take the exam will determine which set of KSAs you will be tested on.

Please note that the changes in the exam primarily affect the distribution of questions across the content areas. The review materials you may have purchased are not out of date and still accurately reflect the content covered on the exam. **To see the changes in the question distribution in the content areas, refer to the content weighting charts below.** If you have any questions regarding the exam changes, please feel free to contact the NSCA Certification office at 800-815-6826 or 719-632-6722 or exams@nsca-lift.org.

**PAPER/PENCIL EXAM  
BEFORE JUNE 1, 2008  
OR  
COMPUTER-BASED EXAM  
BEFORE AUGUST 1, 2008**

NSCA-CPT EXAM		
DOMAIN	PERCENT OF EXAM	NUMBER OF QUESTIONS*
Client Consultation and Assessment	20%	28
Program Planning	35%	49
Techniques of Exercise	35%	49
Safety, Emergency Procedures and Legal Issues	10%	14
<b>TOTAL</b>	<b>100%</b>	<b>140</b>

*\*Note: These numbers do not include the non-scored questions.*

NSCA-CPT EXAM		
DOMAIN	PERCENT OF EXAM	NUMBER OF QUESTIONS*
Client Consultation and Assessment	23%	32
Program Planning	32%	45
Techniques of Exercise	32%	45
Safety, Emergency Procedures and Legal Issues	13%	18
<b>TOTAL</b>	<b>100%</b>	<b>140</b>

*\*Note: These numbers do not include the non-scored questions.*

**PAPER/PENCIL EXAM  
AFTER JUNE 1, 2008  
OR  
COMPUTER-BASED EXAM  
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# NSCA-CPT Exam Content

## NSCA-CPT EXAM CONTENT OUTLINE

Domain	Percent of Exam	Number of Scored Questions
Client Consultation and Assessment	23%	32
Program Planning	32%	45
Techniques of Exercise	32%	45
Safety, Emergency Procedures and Legal Issues	13%	18
<b>Total</b>	<b>100%</b>	<b>140</b>

### 1. Client Consultation and Assessment (32 scored questions)

- A. Initial Interview
  - 1. Determine compatibility between a client and a personal trainer
  - 2. Complete a client-personal trainer and/or a client-personal trainer-fitness facility agreement
  - 3. Administer an informed consent and liability waiver form
- B. Medical History and Health Appraisal
  - 1. Administer a detailed medical history/health appraisal form and a lifestyle questionnaire (including exercise history) and, if necessary, obtain a medical release from the client's primary physician
  - 2. Evaluate and interpret medical history/health appraisal form and lifestyle questionnaire
  - 3. Recognize when to refer a client to and/or seek input from an appropriate health care professional
- C. Fitness Evaluation
  - 1. Conduct fitness evaluation:
    - a. Vital signs (heart rate, blood pressure)
    - b. Height
    - c. Weight
    - d. Body composition
    - e. Girth measurements
    - f. Muscular strength
    - g. Muscular endurance
    - h. Speed/agility/power
    - i. Cardiovascular endurance
    - j. Flexibility
    - k. Postural alignment/muscle balance
  - 2. Evaluate and interpret the results of a health/fitness evaluation
  - 3. Recognize when to refer a client to and/or seek input from an appropriate health care professional
- D. Basic Nutrition Review
  - 1. Identify the personal trainer's scope of practice regarding nutritional recommendations
  - 2. Conduct a review of a client's dietary habits (e.g., recall, history, or food records)
  - 3. Communicate basic information regarding nutritional aids, supplements and daily caloric needs
  - 4. Recognize the signs and symptoms of an eating disorder
  - 5. Recognize when to refer a client to and/or seek input from an appropriate health care professional

# NSCA-CPT Exam Content

## 2. Program Planning (45 scored questions)

- A. Goal Setting
  - 1. Discuss the results of a fitness evaluation with a client to determine needs and goals
  - 2. Discuss results of dietary habit review with a client to determine needs and goals
  - 3. Discuss health-related lifestyle habits (smoking, alcohol use, etc.) with a client to determine needs and goals
  - 4. Determine the motivational/coaching techniques (reward system, reinforcement strategies, mental imagery techniques, visualization, etc.) that will be effective for a client
- B. Program Design
  - 1. Select the exercise modality or type
  - 2. Select the warm-up/cool down exercises
  - 3. Determine the order of exercises or exercise components
  - 4. Determine the exercise intensity or workload
  - 5. Determine exercise duration
  - 6. Determine exercise frequency
  - 7. Determine the rate of exercise progression
- C. Training Adaptations
  - 1. Understand exercise-induced changes to body structures:
    - a. Muscle
    - b. Tendons and ligaments
    - c. Bone and cartilage
    - d. Adipose tissue (fat stores)
  - 2. Understand exercise-induced changes to body systems:
    - a. Neuromuscular
    - b. Cardiorespiratory
    - c. Metabolic
    - d. Endocrine
    - e. Psychological
- D. Special Populations
  - 1. Determine capacities and limitations of a client with a specialized need or condition:
    - a. Older adults/elderly
    - b. Pre-pubescents and adolescents
    - c. Females who are prenatal or postpartum
    - d. Females who are postmenopausal
    - e. Individuals who are overweight or obese
    - f. Individuals with eating disorders
    - g. Individuals with orthopedic disorders/conditions
    - h. Individuals with arthritic disorders
    - i. Individuals with hypertension
    - j. Individuals with hyperlipidemia
    - k. Individuals who are in post-cardiac rehabilitation
    - l. Individuals with Type 1 diabetes
    - m. Individuals with Type 2 diabetes
    - n. Individuals with respiratory disorders/conditions (asthma, chronic obstructive pulmonary disease, etc.)
    - o. Individuals with osteoporosis/osteopenia
    - p. Individuals with peripheral vascular disease
    - q. Individuals training for a certain sport/ competition (athletes)
    - r. Individuals with back pain

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- s. Individuals with fibromyalgia
  - t. Individuals with cancer
  - u. Individuals with neurological disorders (epilepsy, multiple sclerosis, cerebral palsy, spinal cord injuries, paralysis, Parkinson's disease, Down's syndrome, etc.)
  - v. Individuals with metabolic syndrome
  - w. Individuals who have had a stroke
2. Modify the exercise program to coincide with the limitations and capacities of a client with a specialized need or condition
  3. Recognize when to refer a client and/or seek input from an appropriate health care professional

### 3. Techniques of Exercise (45 scored questions)

- A. Machine Resistance Exercises (plate-loaded, selectorized, hydraulic, air, friction, tubing, etc.)
- B. Free Weight Exercises
- C. Flexibility Exercises (static, ballistic, dynamic, PNF)
- D. Functional Training Exercises (stability ball, medicine ball, elastic tubing, balance, etc.)
- E. Calisthenic and Body Weight Exercises (yoga, pull-up, push-up, torso exercises, etc.)
- F. Sport-specific/Performance-related Activities (plyometrics, sprinting, agility drills, reaction, etc.)
- G. Cardiovascular Machines (treadmill, stationary bike, rowing machine, stair-stepper, elliptical trainer, etc.)
- H. Non-machine Cardiovascular Activities (running, walking, swimming, aerobic dancing, etc.)

### 4. Safety, Emergency Procedures and Legal Issues (18 scored questions)

- A. Safety Procedures
  1. Properly monitor and maintain exercise equipment
  2. Create a safe exercise environment according to industry standards
  3. Recognize symptoms relating to overtraining, overuse injuries, and temperature-induced illness
- B. Emergency Response
  1. Understand how to perform basic first aid
  2. Understand how to perform CPR
  3. Understand how to use an Automated External Defibrillator (AED)
  4. Implement a plan to respond to an emergency in an exercise facility (fire, tornado, medical situation, etc.)
- C. Professional, Legal and Ethical Responsibility
  1. Recognize litigation issues and circumstances
  2. Maintain a professional client-personal trainer relationship
  3. Maintain client-personal trainer confidentiality