

NSCA's Essentials of Personal Training Reprint Corrections[†]

Chapter #	Study Qu #	Page #	Edit
2	3	32	change the stem to read “which of the following compose total lung capacity”
	4	32	a correct answer is not given; options I-IV are all correct; therefore, change “D” to “I, II, III, and IV”
4	4	78	change “force” to “torque” in the stem
10	4	213	change “B” to “ <u>IV</u> , III, II, I” change “D” to “ <u>IV</u> , II, III, I”
23	3	588	delete the phrase “(from shortest to longest)” in the stem of the question

Chapter #	AK Qu #	Page #	Edit
15		395	change key on p646 for the estimated 1RM (pounds) in the leg (knee) extension exercise to “95”

Chapter #	Figure #	Page #	Edit
4	4.12	77	lower right hand corner in “Ankle—frontal” ... switch “uphill” and “downhill” in the inversion and eversion activity
14	14.11	349	change figure number to “14.11” – there are currently 2 figures labeled “14.10”

Chapter #	Table #	Page #	Edit
11	11.22	253	change age range “46-66” to “46-55”
11	11.30	259	change “16” to “70” in percentile column of the chart for men
19	19.13	513	change “>240” to “>250” in line 1
24	24.1	596	change 🍏 to “597”

Chapter #	Location	Text Error	Edit
4	p79	extra spacing in reference #9	remove tab spacing so reference #9 is correctly aligned
9	p171	case study 9.1 - analysis	2 nd line – change “ <u>two</u> ” positive coronary risk factors to “ <u>three</u> ” positive coronary risk factors [sedentary lifestyle is considered a risk factor]
10	p198	text error	c2p3, line 16 – reword “And since a given test personal trainer could be...” to read “And since a test given by a personal trainer could be...”
10	p200	text error	c1p1, line 7 – remove parenthesis after “five METs”
13	p296	text color	c2p1, line 5 – “g” in “grip” should be red in color
13	p305	text error	c1, line 8 – change “pronated” to “neutral”
13	p316	text error	c1, 4 th bullet – change “pronated” to “neutral”
18	p474	text error	c1p1, line 13 – add “of” so line reads “the amount of time”
20	p526	text error	c1p5, line 10 – change “also sent” to “also be sent”
25	p613	text color	c2, 3 rd bullet – the word “Causation” should be red in color
	page ix	incorrect credential	Lee E. Brown → change “Ed” to “EdD”

[†] It is natural for a book the size of the “NSCA's Essentials of Personal Training” text to develop minor printing and typographic content errors during the course of chapter development, layout, and design. The purpose of

this Reprint Corrections list is to provide readers with a summary of edits made to the text after the first publication in February, 2004.

To all CSCS® and NSCA-CPT® exam candidates: The CSCS and the NSCA-CPT examinations do not include test questions that are based on the part(s) of the book where errors appear in the study questions, applying knowledge questions, figures, table, or text as described in the above tables.