



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 The review materials you may have purchased are not out of date and still accurately reflect the content covered on the exam.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
TOTAL	100%	140

**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
TOTAL	100%	140

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

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