



 NSCA-CPT® EXAMINATION Detailed Content Outline	Cognitive Level			Total Items
	Recall	Application	Analysis	
1. CLIENT CONSULTATION & ASSESSMENT	8	18	6	32
<p>A. Initial Interview</p> <ol style="list-style-type: none"> 1. Determine compatibility between a client and a personal trainer 2. Administer a client-personal trainer and/or a client-personal trainer-fitness facility agreement 3. Administer an informed consent and liability waiver form 4. Administer an assessment inventory on attitude and readiness <p>B. Medical History and Health Appraisal</p> <ol style="list-style-type: none"> 1. Administer a detailed medical history/health appraisal form and a lifestyle questionnaire (including exercise and injury history) 2. Obtain a medical release from the client's primary physician, if necessary 3. Interpret medical history/health appraisal form and lifestyle questionnaire 4. Refer a client to and/or seek input from an appropriate healthcare professional based on information in the medical history and health appraisal 5. Maintain a network of allied health care professionals <p>C. Fitness Evaluation</p> <ol style="list-style-type: none"> 1. Conduct fitness evaluation including: <ol style="list-style-type: none"> 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. Conduct movement assessment 3. Conduct reevaluation and reassessment 4. Interpret the results of a health/fitness evaluation or reevaluation 5. Refer a client to and/or seek input from an appropriate health care professional based on the fitness evaluation results 				

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<p>D. Basic Nutrition Review</p> <ol style="list-style-type: none"> 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, food log) 3. Communicate and educate using information from peer-reviewed resources regarding general nutrition, supplements, nutrient timing, hydration, and daily caloric needs 4. Recognize the signs and symptoms of disordered eating and eating disorders 5. Refer client to and/or seek input from an appropriate healthcare professional based on the basic nutritional review results 				
2. PROGRAM PLANNING	19	14	12	45
<p>A. Goal Setting</p> <ol style="list-style-type: none"> 1. Establish needs and goals by discussing the results of an initial interview, medical history and health appraisal, and fitness evaluation with a client 2. Establish needs and goals by discussing the results of dietary habit log with a client 3. Establish needs and goals by discussing health-related lifestyle habits (e.g., smoking, alcohol use, drug use) with a client 4. Determine the motivational/coaching techniques (e.g., reward system, reinforcement strategies, mental imagery techniques, visualization, use of technology) that will be effective for a client <p>B. Program Design</p> <ol style="list-style-type: none"> 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 8. Determine program modifications based upon the results of reevaluation and reassessment 				

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<p>C. Training Adaptations</p> <ol style="list-style-type: none"> 1. Explain exercise-induced changes to body structures <ol style="list-style-type: none"> a. muscles b. tendons, ligaments, and connective tissue c. bone and cartilage d. adipose tissue (fat stores) 2. Explain exercise-induced changes to body systems <ol style="list-style-type: none"> a. neuromuscular b. cardiorespiratory c. metabolic d. endocrine e. psychological <p>D. Special Populations</p> <ol style="list-style-type: none"> 1. Recognize and determine (if appropriate) the capacities and limitations of a client with a specialized need or condition <ol style="list-style-type: none"> a. age-specific conditions (e.g., older adults, prepubescents, adolescents) b. female-specific conditions (e.g., prenatal, postpartum, postmenopausal) c. individuals with psychological disorders/conditions (e.g., depression, disordered eating, eating disorders) d. individuals with orthopedic disorders/conditions (e.g., arthritis, osteoporosis/osteopenia, amputations, musculoskeletal trauma, rhabdomyolysis) e. individuals with cardiovascular disorders/conditions (e.g., hypertension, hyperlipidemia, post-cardiac rehabilitation, peripheral vascular disease, stroke) f. individuals with metabolic disorders/conditions (e.g., overweight, obese, diabetes, metabolic syndrome) g. individuals with respiratory disorders/conditions (e.g., asthma, chronic obstructive pulmonary disease) h. individuals with genetic, cognitive or neurological disorders (e.g., epilepsy, multiple sclerosis, cerebral palsy, spinal cord injuries, paralysis, Parkinson's disease, Down's syndrome, traumatic brain injury, Alzheimer's) i. individuals training for a certain sport or competition (e.g., athletes) j. individuals with fibromyalgia k. individuals with cancer l. individuals with immunological and hematological disorders (e.g. AIDS, HIV, chronic fatigue syndrome, anemia, auto-immune disorders, bleeding or clotting disorders) 				

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<ul style="list-style-type: none"> 2. Modify the exercise program within the scope of medical recommendations (if appropriate) to coincide with the limitation and capacities of a client with a specialized need or condition 3. Refer a client to and/or seek input from an appropriate health care professional based on the specific needs of the client 				
3. TECHNIQUES OF EXERCISE	8	15	20	43
Evaluate exercise technique (including body position, speed/control of movement, movement/range of motion, progression, cueing, muscular involvement, breathing, spotting/safety guidelines, and functional movement*)				
<ul style="list-style-type: none"> A. Machine Resistance Exercises (e.g., plate-loaded, selectorized, hydraulic, air, friction, rod) B. Free Weight Exercises (e.g., barbells, dumbbells) C. Flexibility Exercises (e.g., static, ballistic, dynamic, PNF, active-isolated stretching) D. Calisthenic and Body Weight Exercises (e.g., yoga, pull-up, push-up, torso exercises, suspension training) E. Sport-specific/Performance-related Activities (e.g., plyometrics, sprinting, agility drills, reaction) F. Cardiovascular Machines (e.g., treadmill, stationary bike, rowing machine, stepping and climbing machine, elliptical trainer, upper body ergometer) G. Non-machine Cardiovascular Activities (e.g., running, walking, swimming, aerobic dancing) H. Alternative Training Activities (e.g., tire-flipping, weighted carries, weighted bags, ropes, chains, stability balls, kettleballs, medicine balls, resistance bands, balance, club, sled, manual resistance) 				
4. SAFETY, EMERGENCY PROCEDURES and LEGAL ISSUES	7	11	2	20
<ul style="list-style-type: none"> A. Safety Procedures <ul style="list-style-type: none"> 1. Maintain exercise equipment 2. Establish an exercise environment consistent with industry standards 3. Respond to symptoms of overtraining, overuse injuries, and temperature-induced illness B. Emergency Response <ul style="list-style-type: none"> 1. Perform basic first aid consistent with industry standards 2. Perform CPR and use an Automated External Defibrillator (AED) consistent with industry standards 				

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3. Implement a plan to respond to an emergency in an exercise facility (e.g., fire, environmental disasters, medical situation, security threats) C. Professional, Legal and Ethical Responsibility <ol style="list-style-type: none"> 1. Recognize litigation issues and circumstances 2. Maintain a professional client-personal trainer relationship (all forms of communication) 3. Maintain client-personal trainer confidentiality 4. Ensure documentation is obtained, maintained and secured relating to professional, legal, and ethical responsibilities (e.g., incident reporting, PAR-Q+, HIPAA, compliance, facility maintenance requirements) 				
Totals	42	58	40	140

* Functional training/exercise is an activity that enhances one's kinetic duty (movement purpose), improves adaptability, and provides for significant transfer to a target activity and/or daily living.