

<p>20 pretest and 100 scored items 2-hour time limit Passing score of 70%</p> <div align="center">  </div> <p align="center">Certified Personal Trainer (CPT) 2019 Examination Specifications</p>	# of items
I. Program Design	30
<ul style="list-style-type: none"> A. Deliver a client needs analysis assessment during initial and ongoing client consultations B. Conduct a physical activity readiness questionnaire and client screening (e.g., health history, resting heart rate, blood pressure, cardiorespiratory, muscular endurance, strength, and flexibility) C. Develop safe and effective personalized client programming strategies using the principles and acute variables of exercise for different goals and ability levels D. Apply various forms of exercise and equipment, including modification strategies, for different clients' goals and abilities E. Discern the various principles and acute variables of exercise programming and periodization (e.g., frequency, intensity or load, time, type, volume, and recovery) F. Understand the purpose and techniques of proper warm-up and cool-down G. Understand principles and techniques relating to flexibility, mobility, and stability 	
II. Human Behavior	15
<ul style="list-style-type: none"> A. Understand the basic behavior change process in humans (e.g., transtheoretical model, intrinsic and extrinsic motivation) B. Use communication and motivational interviewing techniques effectively (e.g., open-ended questions, active listening, empathy) C. Deliver practical strategies for facilitating client behavior change D. Understand multisensory communication (e.g., appearance, body language, stresses) 	
III. Exercise Sciences	25
<ul style="list-style-type: none"> A. Understand the function of various systems of the body and how they work as a unit or organism (e.g., endocrine system, digestive system, skeletal system) B. Understand the processes that produce human movement (e.g., integration of nervous system, muscular and skeletal system) C. Understand the physiological responses to movement of different intensities (e.g., energy systems, muscle fiber types, basic endocrinology) D. Understand the various types of forces that impact the body during movement (e.g., gravity, mass, momentum) E. Measure and monitor exercise intensity including heart rate and perceived level of exertion F. Understand the major muscle groups including the muscle origins and insertions and overall musculoskeletal function G. Understand the different energy systems and how they are utilized H. Understand the principles of proper posture and common compensations (e.g., kyphosis, lordosis) I. Incorporate knowledge and application of the three planes of movement (sagittal, frontal, and transverse) J. Apply proper breathing techniques while performing cardiovascular, strength, and flexibility training 	

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<ul style="list-style-type: none"> K. Identify the characteristics of tendons, ligaments, and skeletal muscle fiber types, and their influence on exercise performance L. Understand the basic principles of fascia and integrated movement M. Recognize signs and symptoms of various health conditions (e.g., stroke, heart attack, low blood pressure, insulin shock, diabetic coma) 		
IV. Workplace Practices		10
<ul style="list-style-type: none"> A. Detail strategies to gain clientele (e.g., marketing, prospecting, customer service skills) B. Detail strategies for referring clients to other professionals (e.g., MDs, dietitians, physical therapists, massage therapists) C. Understand workplace policies (e.g., facility safety, professional appearance, conduct, office administration) D. Understand personal liability insurance availability E. Utilize techniques to increase adherence and retention strategies 		
V. Nutrition		10
<ul style="list-style-type: none"> A. Understand the differences between various macro and micro nutrients B. Understand the importance of nutrition with regards to health (e.g., exercise, eating behaviors, body composition) C. Differentiate between various eating strategies for different types of group (e.g., vegetarians, diabetics, religious practices) D. Recognize and adhere to the scope of practice when making dietary recommendations (e.g., referral, appropriate resources) E. Understand basic principles of hydration F. Recognize symptoms of low blood-sugar and dehydration G. Have knowledge of the public health eating guidelines (e.g., U.S. Dietary Guidelines for Americans and MyPlate) H. Understand resting metabolic and basal metabolic rate and their relevance to weight management I. Have a basic knowledge of common supplements (e.g., application, usage, risks, referral) 		
VI. Special Populations		10
<ul style="list-style-type: none"> A. Recognize special conditions based on medical and health history and obtain physician release forms as necessary (e.g., elderly, youth, pregnancy, overweight or obese, chronic injuries and disease) B. Recognize and adhere to boundaries of scope of practice with regard to medical and health concerns C. Modify exercises to deliver safe and effective training programs to the special populations D. Understand the physiological limitations of the special populations (e.g., movement restrictions, susceptibility to injuries) 		
Total		100