

NFPT Certified Personal Fitness Trainer – Fundamental
Exam Specification

- 1. Apply the basic principles of human anatomy (15%)**
 - A. Name and structure of the skeletal & muscular systems
 - B. Name and define the following systems:
 - 1) Respiratory system
 - 2) Cardiovascular system
 - 3) Digestive system
 - C. Identify types of joints
 - D. Understand the principles of movement

- 2. Apply the basic principles of Human Physiology (20%)**
 - A. Understand the structure and function of the following systems and how they interact
 - 1) skeletal system
 - 2) nervous system
 - 3) muscular system
 - 4) respiratory system
 - 5) cardiovascular system
 - 6) digestive system
 - 7) immune system
 - B. Planes of motion
 - C. Identify movements associated with joints
 - 1) Agonistic
 - 2) Antagonistic
 - D. Types of muscle contractions
 - 1) Concentric
 - 2) Eccentric
 - 3) Isometric
 - E. Nutrition
 - 1) Carbohydrates
 - 2) Fats
 - 3) Proteins
 - 4) Digestion and absorption of nutrients
 - a. Macronutrients
 - b. Micronutrients

- F. Muscle fiber types
 - 1) Red fast twitch
 - 2) Red slow twitch
 - 3) White fast twitch
- G. Energy systems
 - 1) Aerobic
 - 2) Metabolic oxidation
 - 3) Anaerobic
- H. Factors impacting metabolic rate
 - 1) Exogenous (external factors)
 - 2) Endogenous (internal factors)

3. Apply the basic principles of Exercise Physiology (25%)

- A. Apply training principles to the following activities:
 - 1) Resistance
 - 2) Cardio respiratory
 - 3) Flexibility
 - 4) Recovery
- B. Training adaptations (body's response to training)
 - 1) Anaerobic (e.g., strength, power, speed, endurance & fatigue)
 - 2) Aerobic (e.g., speed, endurance & fatigue)
- C. Apply fitness assessment techniques for the following fitness components
 - 1) Body composition
 - 2) Aerobic
 - 3) Flexibility
 - 4) Anaerobic
 - 5) Recovery
- D. Take heart rate and blood pressure measurements
- E. Understand caloric intake and expenditure/energy balance
- F. Recognize physical limitations (e.g., back, rotator cuff, knee, Range of Motion (ROM))
- G. Recognize or identify contraindicated exercises
- H. Understand the energy continuum of exercise
- I. Educate clients on proper hydration and fluid replacement techniques

4. Identify client's goal and implement an exercise program (25%)

- A. Collect data using appropriate assessments
- B. Review data
- C. Synthesize data to assist with developing routines
- D. Define training methods
 - 1) Anaerobic (e.g., repetition ranges, recovery, intensity)
 - 2) Aerobic (e.g., duration, frequency, speed, rating of perceived exertion (RPE))
- E. Identify a realistic goal for the client

- F. Develop exercise plan
- G. Determine special exercise conditions
- H. Implement program
- I. Re-evaluate the client, program, and goals

5. Understand the characteristics of wellness (10%)

- A. Absence of illness and disease
- B. Healthy lifestyle habits
- C. Holistic health awareness (e.g., mind, body, spirit)
- D. Consequences of negative choices
- E. Health benefits of exercise & physical activity
- F. Weight management
 - 1) Exercise
 - 2) Nutrition
- G. Manage Stress
 - 1) Physical
 - 2) Emotional
 - 3) Environmental

6. Professional and legal practices (5%)

- A. Practice in an ethical manner
- B. Participate in continuing education
- C. Recognize professional limitations
- D. Practice within legal limits
- E. Collect appropriate documentation (e.g., hold harmless/liability waiver, physician waivers)
- F. Maintain client confidentiality/privacy
- G. Practice within professional scope/boundaries
- H. Maintain Cardio Pulmonary Resuscitation (CPR) Certification
- I. Maintain liability insurance