



EXAM ACTIVITIES SUMMARY

Updated: January 2021

For exam and all certification policy details related to the NFPT Certified Personal Trainer (CPT) course development and process, please review the *NFPT Personal Trainer Certification Handbook*, available from <https://www.nfpt.com/certification/terms-and-conditions>

Pre-requisites for NFPT-CPT Exam Eligibility:

- Applicant must be of the age of 18 or older
- Applicant must have high school education or equivalent
- Applicant must adhere to NFPT professional standards for codes of conduct, www.nfpt.com/resources/codes-of-conduct

NFPT does not discriminate based on race, creed, gender, national origin, color, age, religion, or ancestry

NFPT strongly recommends that a personal trainer, certified by any organization, acquire CPR Certification. NFPT recommends that CPR certification be obtained within the first 3 months of obtaining Personal Trainer Certification credential. Though it is not a requirement of NFPT Certification eligibility to provide verification of this, CPR Certification will be a requirement of one or more of the following:

- Personal Trainer Client
- Personal Trainer Employer
- Personal Trainer Liability Insurance Agency

NFPT-CPT Exam Blueprint

- 120 total exam questions
- 100 scored questions
- 20 pre-test questions (not scored)
- Passing/cut score = 750 out of 1000 possible points
- 4-option multiple choice
- Computer-based testing
- Paper and Pencil testing available as needed
- 2 hour exam session

- **5 Exam Content Domains** (weighted test percentages for each domain provided):

Principles of Human Anatomy	20%
Principles of Physiology	19%
Fitness Components	23%
Training Program Development, Implementation and Modification	33%
Professional and Communication Skills	5%

NFPT-CPT Exam Preparation

NFPT Education is not required for exam eligibility. Utilizing a variety of educational resources is recommended for the purpose of higher learning and broader skill set proficiency. An assessment of job practice capability, in this case the NFPT-CPT exam, is not a measurement of your understanding of one textbook or educational resource, it is an all encompassing assessment of your knowledge, skills, and abilities as they relate to your performance of the personal training job practice. It is incorrect to assume that the NFPT-CPT exam will be derived directly from NFPT Education and/or one specific job practice resource. Educational resources are not intended to teach to the exam.

Personal trainer skill sets are not acquired within a limited number of textbooks and/or educational resources. NFPT makes no successful exam performance guarantee resulting from the sole use of NFPT Educational resources:

- NFPT Personal Trainer Manual
- NFPT Supplemental Study Guide/Workbook
- NFPT Personal Trainer Workshop

A minimum of 60 hours of independent study is recommended. NFPT also highly recommends hands-on practical application of fitness program design scenarios which use specific subject matter that correspond back to exam content domains. Exam content domains are available to NFPT test candidates. NFPT recommends review of the detailed NFPT – CPT exam content outline/test readiness checklist that is made available from the NFPT Certification Handbook as well as from your NFPT Account.

Reporting Year (January 1 st to December 31 st)	NFPT-CPT Candidates Examined	NEW NFPT-CPT Certificants	Pass Rate %	Average Score	Total NFPT-CPT Certificants
2020	1048	596	59%	76.25	3395