



# Personal Trainer Certification Handbook

Understanding policies and procedures related to certification eligibility, test development and administration, professional conduct and disciplinary measures, certification maintenance, and security procedures established by the NFPT Certification program

For: NFPT Applicants, Test Candidates, Certificants

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# CHAPTER 1

## About NFPT

### Introduction

National Federation of Professional Trainers (NFPT) has been certifying fitness trainers since 1988 and offers a foundational education and credential to those who seek personal fitness trainer employment.

This *NFPT Personal Trainer Certification Handbook* describes policy relating to certification exam development, eligibility, maintenance, and security procedures.

The terms ‘test candidate’, ‘certificant’ and ‘member’ will be used throughout this Certification Handbook. To better understand these terms, here are the definitions for each as they apply to the NFPT Certification program:

**Test Candidate:** this is someone who has completed the enrollment application (done online or in hardcopy) and who has attested to the eligibility requirements of the certification program (see Chapter 2, ‘*Applying for Certification*’). An individual with a ‘test candidate’ status is eligible to schedule to take their NFPT Certified Personal Trainer exam or is someone who has made a first attempt on the exam but has not yet passed it, and is still within the one (1) year eligibility time frame for scheduling a retake of the exam.

**Certificant:** this is someone who has taken and successfully passed the NFPT-CPT exam, and who is currently certified as the result of passing the exam and meeting the on-going continuing education requirements. This term is interchangeable with the term ‘Certified Personal Trainer’, or ‘Certified Trainer’. An individual with a ‘certificant’ status is a currently certified personal trainer, meaning that they have met the requirements of passing the exam assessment AND they have met the requirements of on-going continuing education (required after the first year of certificant status).

**Member:** this is someone who belongs to the NFPT Organization as a certificant or former certificant and who receives benefits and resources of NFPT Education and other industry related NFPT partnerships. Upon becoming a certificant, you receive a ‘Member’ wallet sized ID card which acts as a portable certification verification reference. This Member card will include the same information as your actual certificate upon passing the examination (i.e. Name, NFPT ID#, Certification Expiration date). Renewing your membership is part of the recertification process, in conjunction with the Continuing Education Credits (CECs) that are required in order to become recertified. You may pay the annual member fee (\$85) in order to continue to be a member of the NFPT Organization which provides you continued access to the NFPT Education and Resources through your NFPT member account; however, you will only receive a Certificant Member ID card upon adhering to the terms of recertification (see Chapter 5, ‘*Maintaining Certification*’).

*Please take time to read and be familiar with the information in this handbook prior to applying for certification/test candidate status. NFPT certified trainers are required to adhere to the requirements in this handbook.*

The NFPT Certified Personal Trainer (CPT) certification program is designed to qualify personal fitness trainers working with apparently healthy individuals or in small group settings. These trainers are individuals who

demonstrate the understanding of fundamental exercise science principles for safe and effective fitness program design.

NFPT-CPT certificants are those who have successfully completed the required certification process which includes eligibility requirements and an assessment, in the form of written examination that verifies professional knowledge, skills and abilities that are required of a Certified Personal Trainer. NFPT certificants are bound by codes of conduct established by the Certification Council. The NFPT Certification Council has adopted the policies contained herein in order that it may further the credibility of the certification program and enhance the viability of the NFPT certificant in the fitness training industry and marketplace.

NFPT also offers several continuing education programs. Please see [www.nfpt.com/continuing-education](http://www.nfpt.com/continuing-education) for more information.

### **Mission Statement**

It is NFPT's mission to lead the personal training industry, through quality education and credentialing, into a future of public and government respect, trust, and confidence. As a professional fitness organization, it is our intention to provide entry-level fitness trainers with the educational tools and health and fitness resources needed to develop and enhance performance skills for the safe and effective training of apparently healthy clients.

NFPT offers both education and certification for fitness professionals. As an agency that offers a professional certification program, we will continue to establish quality standards for fitness professionals and encourage ongoing professional development through recertification requirements.

NFPT educational programs are optional and are not a requirement to take the certification exam. NFPT's educational offerings are developed by the NFPT Board of Education. More information on NFPT's optional training is available at [www.nfpt.com/certification/manual](http://www.nfpt.com/certification/manual).

NFPT Board of Education acts independently to develop and/or review and approve quality fitness education that teaches fundamental fitness concepts and exercise science, explained in a comprehensive way that speaks to the entry-level trainer and fitness enthusiast alike. It is the intention of NFPT education to create an impact on understanding and implementing goal-oriented fitness training methods that gain positive results on the well-being of health-conscious individuals.

The NFPT-CPT certification program is overseen and monitored by the NFPT Certification Council. The Certification Council operates independently from the NFPT Board of Education.

### **About NFPT-CPT Certification Governance**

NFPT-CPT Certification is bound by the mission of its Certification Council to provide an industry recognized credential that assures at least minimal competency to all who employ NFPT Certified Personal Trainers. NFPT Certification will continue to act in furthering its purpose to certify fitness trainers in a manner that strives to assure safety, competency, and professionalism.

The NFPT Certification Council acts independently of the NFPT Board of Education in that it specifically establishes assessment setting protocols and standards for certification and test eligibility, development, administration, security, reporting, and maintenance. NFPT Bylaws prevent the undue influence of decision

making between NFPT Certification and NFPT Education to ensure the integrity and independent functionality of these two departments.

The NFPT Certification Council is responsible for:

- Establishing policy for the NFPT-CPT certification program.
- Oversight of test development and the establishment of testing procedures for the NFPT-CPT certification program.
- Establishing standards for initial certification and recertification of fitness trainers including establishing eligibility standards; policies for the development, administration, and scoring of the examination; compliance standards; and recertification requirements.
- Operating independently of all NFPT education programs.

## What is Certification?

Certification is a voluntary process used to formally recognize specialized knowledge, skills, and experience. Certification establishes minimum standards of competency and offers recognition to those who have met those standards.

### NFPT-CPT Scope of Practice

A personal trainer is a fitness professional who possesses the knowledge, skills and abilities for safe and effective exercise, fitness program design, instruction and assistance for the purpose of reaching personal health and fitness goals. A NFPT Personal Trainer Certification qualifies you to design and implement fitness training programs for apparently healthy individuals in one-on-one or small group settings. An apparently healthy individual includes those with no significant disease or physical condition or impairment which prevents them from engaging in physical fitness activity. A NFPT Certified Personal Trainer, CPT, shall perform the duties of a fitness professional within the barriers of a NFPT-CPT's scope of practice which may be performed in both in-person and online/virtual settings; thus providing the CPT with a prospective client base that is not confined by geographical location. Successful completion of the NFPT Personal Trainer Certification Examination demonstrates the understanding of fundamental exercise science principles, to include human anatomy and physiology, as well as the concepts of various fitness components, functional exercise and basic nutrition; knowledge which is applied for safe and effective fitness program design. As such, your scope of practice as a NFPT-CPT is as follows:

1. Having and maintaining a working knowledge of human anatomy and the concepts of functional exercise, basic nutrition and fundamental principles of exercise science
2. An ability to design and execute individual and small group exercise fitness programs, tailored to the needs and attainable goals of the individual, apparently healthy client, in a safe and effective way and that takes in to consideration the needs and demands of the individuals' activities of daily living, as well as cultural and environmental factors which may impact the performance and/or outcomes of the respective fitness program.
3. An ability to design and execute individual and small group exercise fitness programs, tailored to the needs and attainable goals of the individual, apparently healthy client, in a safe and effective way

4. An understanding for the need and importance of screening and client assessment; proficiency in conducting these evaluations initially and progressively
5. A desire to help clients reach their health and fitness goals through appropriate cardiovascular, flexibility and resistance exercise
6. An ability to motivate others in an encouraging and uplifting way towards improving their overall fitness and health
7. A dedication to maintaining personal integrity, client confidentiality and professional standards for best practice
8. A dedication to self-improvement, self-awareness, continuous learning, personal growth and development with regard to personal health, fitness and mental capacity

While personal trainers often assume multiple roles with their clients (e.g. life-coach, confidant, friend) — there are roles for which personal trainers should avoid. For example, it is **NOT expected or appropriate for a personal trainer to:**

1. Give medical advice, physical therapy advice or attempt to make a medical diagnosis
2. Provide body massage to clients, or any similar service that can be construed as inappropriate touch
3. Serve as a psychological counselor to clients or become intimately involved in personal client relationships
4. Have a romantic or inter-personal relationship with a client
5. Push your own preferences for fitness goals on clients who do not seek out those same goals
6. Allow your credentials, liability insurance and other trainer business standards/practices become non-existent

# CHAPTER 2

## Certification at a Glance

Before you begin the certification process, be sure to:

1. **Read** the entire Certification Handbook. This handbook contains essential information you need to successfully navigate the application and certification process.
2. **Check** the eligibility requirements. You must meet all of the pre-requisite requirements *before* applying for certification.
3. **Choose** your certification package (Exam Only, Standard, Premier)
4. **Submit** your application.

After you have been approved for certification test eligibility, be sure to:

1. **Prepare** for the exam. The content outline in this handbook can be used to inform your study plans.
2. **Schedule** your exam. NFPT will provide you with complete test scheduling instructions via email.
3. **Understand** recertification requirements. Chapter 5 of this handbook provides these details.

## Applying for Certification

### Eligibility

All applicants must meet the following pre-requisites when applying to take the certification exam. All applicants must provide their signature (handwritten or electronic), attesting to the true and accurate representations of his/her certification program eligibility requirements. Test candidate eligibility, online or in hard copy, is verified by your agreement to the eligibility requirements as terms of service for your entry into the certification program. A breach to these terms will result in the revocation of test candidate eligibility or certification.

### NFPT Application Eligibility Requirements are:

1. Applicant must be at least 18 years old
  - This NFPT requirement assures that the applicant, choosing to enter into agreement with the NFPT certification program, is a recognized legal adult. A legal adult, or individual over the age of 18, is legally accountable for their actions and at the legal age to enter into enforceable agreements. NFPT applicants enter into agreement with NFPT.
    - i. *How to provide:* Applicant provides NFPT with his/her birth date at the time of application. NFPT requires that the applicant attest that this information is true. (*application check box*)
2. Applicant must have high school education or equivalent
  - This NFPT Pre-Requisite assures that the applicant has completed the academic education which is federally mandated and required for high school grading qualification achievement. The completion of a high school education diploma or general education degree (GED) demonstrates the applicant's minimum competency in subjects relatable to the foundational knowledge that is required for personal trainer specific skills. These subjects include: Math, Science, English and Physical Education/Health

- i. *How to provide:* NFPT requires that the applicant attest to the fact that he/she has a high school education (*application check box*)

**3. Applicant must agree to adhere to the NFPT Codes of Conduct**

- This requirement assures that applicant understands his/her obligation to adhere to professional ethics and safety standards before, during and after the pursuit of the personal trainer certification qualification. See [NFPT Codes of Conduct](#).
  - i. *How to provide:* NFPT requires that the applicant attest to his/her understanding of the NFPT Codes of Conduct and his/her adherence, both in present and in future, to the ethics and safety standards provided therein. (*application check box*)

All applicants are provided with these eligibility requirements and are required to agree to them as terms of service, electronically or in hardcopy, when applying to the program. You must indicate your understanding of, and agreement to, these terms of service. If this indication is not provided, or if eligibility is questioned for any reason, whether resulting from an inquiry by a NFPT staff member, industry peer or person who remains anonymous, or by random audit selection, NFPT's Office Manager will contact the applicant to address the eligibility requirement in question in an effort to confirm or deny legitimacy of inquiry or claim. Any and all personal information regarding the claimant or person/s/ who made the claim/s/ will be kept confidential.

Applicant may be required to submit driver's license or other proof of age and/or copy of high school diploma or equivalent and/or any other supporting documentation as it relates to the claim/inquiry in question. If NFPT Office Manager does not receive and/or cannot verify that the eligibility requirement/s/ has in fact been met by the applicant, then certification program eligibility will be denied. An appeal may be requested in accordance with Non-Disciplinary Appeals Policy included in this handbook.

NFPT does not award certification to any individual who does not meet the eligibility requirements and does not successfully pass the exam.

*The Certification Council reserves the right to ask applicants to furnish such information and/or make such inquiries as may be deemed appropriate to identify the applicant's compliance with the eligibility requirements. Failure to provide any required information may result in eligibility denial.*

**Professional Considerations**

NFPT strongly recommends that all personal trainers, certified by any organization, acquire CPR/AED Certification. Though it is not a requirement of NFPT Certification to provide verification of this, CPR/AED Certification will be a requirement of personal trainer clients, personal trainer employers, and/or personal trainer liability insurance companies. NFPT recommends CPR/AED Certification and liability insurance be obtained within the first 3 months of Personal Trainer Certification.

For information about CPR/AED Certification, visit [www.redcross.org/CPR-Training](http://www.redcross.org/CPR-Training)

For more information about liability insurance, see details provided at <https://www.nfpt.com/personal-trainer-insurance>.

**Nondiscrimination**

NFPT does not discriminate based on religion, race, color, national origin, age, sex, pregnancy, gender identification, familial status, marital status, sexual orientation, disability, or any other status protected by law.

## Eligibility Denial

NFPT reserves the right to deny an application based on unconfirmed or insufficient documentation of any certification program eligibility requirements. If your application is denied you may file an appeal. An appeal may be requested in accordance with Non-Disciplinary Appeals Policy included in this handbook.

## Certification Fees

NFPT offers several options for individuals seeking NFPT certification and/or optional NFPT education. NFPT educational resources are available for purchase separately or as part of the packages listed below, but are not required.

Package	What You Get	Price
<b>CPT Exam Only</b>	CPT Exam Voucher, CPT Exam Outline	\$199
<b>Standard</b>	CPT Exam Voucher, CPT Exam Outline, NFPT Personal Trainer Manual (PDF), Workbook (PDF), Chapter Quizzes, FitPro Forms & Professional Docs	\$339
<b>Premier</b>	CPT Exam Voucher, CPT Exam Outline, NFPT Personal Trainer Manual (PDF and Hardcopy), Workbook (PDF), Chapter Quizzes, Practice Tests (2), FitPro Forms & Professional Docs, Exercise Animations, Client Assessment Demo Videos, Education Tech Support	\$449

## Discount Opportunities

Personal trainers who are employed by a health club/wellness facility at the time of application may be eligible for a discount. Staff members are required to provide employment verification at the time of application. Discounts are also available for military personnel (active or veteran), as well as police, fire and other civil servants.

Please visit <https://www.nfpt.com/certification-military> or <https://www.nfpt.com/certification-staff> for more information.

## Resources for ALL Certification Test Candidates and NFPT Members

A NFPT Test Candidate is an individual who has applied to the NFPT Certification program and has been approved based on the confirmation of the eligibility criteria. All certification test candidates will receive access to their NFPT Account which provides the following electronic documents and resources. Access will be given once your certification application has been processed and accepted.

- Instructions for accessing all NFPT testing site locations. The online registration portal is available for making an immediate NFPT-CPT exam appointment.
- *Trainer Pulse* e-subscription: monthly health and fitness industry updates, events, NFPT-specific news for trainers, and Continuing Education articles
- Opportunities for guest authoring on the NFPT Blog and being part of the NFPT Facebook group page for communicating with thousands of Personal Trainers. This social media participation promotes the exchange of knowledge, ideas, and networking opportunities

- Personal Trainer Database Listing *\*only upon successfully earning certification. This tool allows for the public, client, employer to verify certification status, only your name, city and state will appear (you may provide additional information to add to your profile).*
- Extended certified personal trainer discounts and resources
  - CPH & Associates: discounted liability insurance
  - HexFIT: exercise programming software and client communications platform
  - SBT Suspension Straps and CoreFirst Resistance Bands: discounts on equipment

## NFPT Optional Education Resources

**NFPT Personal Trainer Manual:** Researched and developed by NFPT’s Board of Education with daily fitness trainer activities in mind. This material offers a comprehensive and fundamental education, essential to the knowledge, skills, and abilities of the successful Personal Trainer. It is not necessary to obtain NFPT Education Material to successfully complete the NFPT examination for the NFPT-CPT credential.

**NFPT Study Guide:** This guide breaks up the entire NFPT Personal Trainer Manual chapter by chapter with a summary of practice questions for each chapter.

**Practice Tests:** A practice test is available for test candidates. Practice test questions are developed by NFPT Board of Education members using the same procedures for writing questions as the NFPT-CPT exam. Practice tests are developed separately from the NFPT-CPT exam. No practice test questions are ever used on the NFPT-CPT exam. The purpose of the practice exam is to allow applicants to experience the format of test questions and is not intended to provide diagnostic information.

For more information about NFPT’s optional education visit [www.nfpt.com/education](http://www.nfpt.com/education)

## How to Apply

Before you can take the exam you must:

1. Meet all of the eligibility requirements
2. Apply and purchase the program package of your choice
3. Receive confirmation that your application has been accepted
4. Schedule a test date appointment

If you meet all of the eligibility requirements, visit the NFPT website at [www.nfpt.com/certification](http://www.nfpt.com/certification) or contact us by phone at 800-729-6378 to apply for certification.

The NFPT certification application may also be printed and mailed to NFPT Headquarters, PO Box 4579, Lafayette, IN 47901. Application payment is accepted in the form of credit/debit card, personal or electronic check, and money order at the time the application is submitted. Applications without payment will not be processed.

You will receive email confirmation of your application within 28 hours of receipt of a completed application by NFPT. Written notification will also arrive by mail within approximately one week. If you have purchased optional printed educational materials at the time of application, an additional shipping and handling fee will apply and processing time will be extended by 5-7 days (within the U.S.). Information on shipping fees and options are available online when you register or by contacting NFPT.

**Application Expiration**

All NFPT eligible applications, regardless of options, will expire due to inactivity. NFPT provides for a one year expiration following the initial date of application. Upon expiration of the application, a one time opportunity is provided to extend this application expiration date by 60 days at a fee of \$50. After more than 60 days past the original application expiration date, before contact with NFPT is made for an application extension, NFPT will provide a 20% discount off of any certification package option, only if contact is made prior to two years past the original application date.

**Refund Policy**

The NFPT has adopted a simple refund policy that allows a full refund minus a \$50 processing fee within the first 30 days of the original date of Standard Certification Package or Exam Voucher application; and \$80 non-refundable fee is retained for the Premier Certification packages as the hardcopy prep materials are non-returnable. After 30 days from the original application date, no refund is provided.

# CHAPTER 3

## Preparing for the Exam

The NFPT-CPT is a professional assessment-based certification program that is developed based on a role delineation study and research of industry practice. NFPT also offers specialty course tests that provide continuing education opportunities. The information in this handbook applies only to the NFPT-CPT certification program. Note that both terms ‘exam’ and ‘test’ are used to describe the NFPT-CPT assessment. When describing the verb form of the assessment, or as an adjective, the term ‘test’ is used. When describing the assessment in the form of a noun, the term ‘exam’ is used. Otherwise these terms may be used interchangeably.

For information on the specialty course exams please visit [www.nfpt.com/continuing-education](http://www.nfpt.com/continuing-education).

### Strategies for Taking Multiple Choice Exams

- Read each question carefully before choosing the single best response.
- Pace yourself; sometimes it helps to answer the easiest questions first.
- If you are not sure about an answer, make an educated guess. Your score is based on the total number of correct answers.
- Responses are in random order. Looking for patterns won’t help you.
- For paper exams: Be sure to mark your answers neatly, clearly, and in the correct space. Erase any stray pencil marks.
- For computer based exams: It is easy to see any questions you may have skipped and return to them.

For more test taking tips and related information visit <https://www.nfpt.com/faq/taking-the-nfpt-cpt-exam>

### Exam Description

The NFPT-CPT exam consists of 120 multiple choice questions. 100 of these questions are scored and 20 questions are unscored pretest items that will not impact your test result. Pre-test items are used to collect statistical information which will determine the item’s validity and possible inclusion in a future NFPT exam. You will not know during the test which questions will be scored and which will not. This exam is closed-book, proctored, and must be taken within a time limit of 2 hours (unless special accommodations are arranged in advance).

The successful completion of the NFPT exam requires 750 points out of a total possible 1000 points. The NFPT exam consists of 5 categories which are weighted based on the results of the NFPT role delineation study.

The exam includes questions from all of the following content domains. The percentages indicate the amount of test questions from each content area.

Content Domain	% of Exam
1. Principles of Human Anatomy	20%
2. Principles of Human Physiology	19%
3. Fitness Components	23%
4. Training Program Development, Implementation, and Modification	33%
5. Professional and Communication Skills	5%
<b>Total</b>	<b>100%</b>

## Studying for the Exam

Candidates should prepare for the exam. Careful study should include review of the content domains and the content outline below. The NFPT Certification Council does not endorse any training programs and is not responsible for any misinformation provided in any educational program. Courses and additional education materials offered by NFPT are optional.

NFPT-CPT test candidates must be familiar with the following content for successful exam completion. The following test content outline provides detailed subject matter and knowledge expectations for each of the content domains listed. We recommend that you review the list carefully and focus your studying accordingly.

### 1. Principles of Human Anatomy (20%)

- A. Identify components of the following systems
  - i. Muscular system
  - ii. Skeletal system
  - iii. Nervous system
  - iv. Respiratory system
  - v. Circulatory system
  - vi. Endocrine system
  - vii. Digestive system
  - viii. Immune system
- B. Identify types of joints
- C. Recognize muscle types (i.e., skeletal, cardiac, smooth)
- D. Recognize skeletal muscle structure and components
- E. Anatomical positioning and reference points

### 2. Principles of Human Physiology (19%)

- A. Recognize the function of body systems and how they interact
  - i. Muscular system
  - ii. Skeletal system
  - iii. Nervous system
  - iv. Respiratory system
  - v. Circulatory system
  - vi. Endocrine system
  - vii. Digestive system
  - viii. Immune system
- B. Explain musculoskeletal biomechanics
  - i. Planes of motion
  - ii. Joint movements

- iii. Prime movers
- C Differentiate between muscle fiber types (i.e., fast twitch and slow twitch)
- .
- D Identify and define types of muscle contractions (e.g., concentric, eccentric, isometric)
- .
- E. Recognize neuromuscular recruitment patterns (e.g., contractile speed recruitment, immediate recruitment, depleting energy)
- F. Identify proprioceptors and their functions (e.g., stretch reflex, muscle spindle)
- G Identify and describe the metabolic processes of the body
- .
- i. Nutritional factors (i.e., macronutrients, micronutrients, deficiencies)
- ii. Energy systems (e.g., aerobic, anaerobic, metabolic oxidation, ATP, lactic acid)
- iii. Metabolic limitations of the body (e.g., gluconeogenesis, protein synthesis/catabolism)
- iv. Additional factors that affect metabolic processes (e.g., age, stress, gender, sleep)

### 3. Fitness Components (23%)

- A Recognize components of general fitness
- .
- i. Cardiorespiratory conditioning
- ii. Muscular endurance
- iii. Muscular strength
- iv. Flexibility
- v. Body composition
- B Apply basic training principles (e.g., FITT principle, progressive adaptations, overload) to fitness components
- .
- C Recognize training adaptations
- .
- i. Anaerobic (e.g., strength, power)
- ii. Aerobic (e.g., endurance, fatigue)
- iii. Sports-specific (e.g., agility, speed)
- iv. Functional (e.g., core, stability, balance)

### 4. Training Program Development, Implementation, and Modification (33%)

- A Conduct client consultation and assessment
- .
- i. Conduct screening and identify risk factors (e.g., CVD, PAR-Q, medical history, contraindications)
- ii. Collect appropriate documentation (e.g., hold harmless/liability waiver, physician waivers)
- iii. Programming aspects (e.g., expectations, goal-setting, scheduling)
- iv. Apply fitness assessment techniques for the following fitness components

- a. Non-performance variables (e.g., resting heart rate, blood pressure, body composition)
- b. Performance variables (e.g., cardiorespiratory condition, muscle endurance, muscle strength, flexibility)
- v. Recognize contraindicated exercises and physical limitations
- vi. Interpret assessment results and review with client
  - a. Define and discuss factors that impact goals
    - i. Exercise (e.g., over/under training)
    - ii. Nutrition (e.g., caloric intake, supplements, dietary recommendations)
    - iii. Hydration (e.g., water, electrolytes, fluid replacement)
    - iv. Lifestyle factors (e.g., scheduling factors, sleep, stress)
  - b. Identify realistic goals for the client (e.g., specific and measurable)

**B Design and implement training program**

- i. Synthesize data to assist with developing a training program
- ii. Determine special exercise conditions (e.g., special populations, training environment)
- iii. Recognize steps in planning lifestyle change (e.g., large-scale dietary change, smoking cessation)
- iv. Determine training methods
  - a. Anaerobic (e.g., repetition ranges, recovery, intensity)
  - b. Aerobic (e.g., target heart rate zone, duration, frequency, speed)
  - c. Stretching (e.g., static, dynamic, PNF)
- v. Introduce training tools, equipment, and exercises (e.g. modalities, form)

**C Monitor program and determine need for modifications**

- i. Evaluate client progress and effectiveness of program
  - a. Evaluate non-performance variables against goals (e.g., resting heart rate, blood pressure, body composition)
  - b. Measure performance variables against goals (e.g., cardiorespiratory condition, muscle endurance, muscle strength, flexibility)
  - c. Explore need for behavior change (e.g., sleep, stress, smoking cessation, compliance, eating habits)
- ii. Identify strategies for program improvement (e.g., psychological, physiological)

**5. Professionalism and Communication Skills (5%)**

**A Apply strategies for effective communication**

- i. Verbal and non-verbal communication (e.g., listening, speaking, attention)
- ii. Problem solving and conflict resolution

**B Recognize professional limitations**

- C Maintain client confidentiality/privacy
- .
- D Practice within professional scope/boundaries (e.g., referrals to other professionals and resources)
- .
- E. Injury prevention and management (e.g., emergency medical plan, PRICE, exercise cessation)

## How the Exam was Developed

The exam has been developed and is regularly updated under a carefully developed and strictly executed process. This process is conducted under the approval and oversight of the Certification Council.

The NFPT's Board of Education provides optional, independently researched education that is exclusively offered through NFPT. NFPT Education is offered to NFPT certification test candidates as one possible resource for training, but is not a requirement of successful certification credentialing.

NFPT recommends using a number of sources for obtaining successful skill sets and acquiring foundational knowledge, but recognizes that no one book or resource will assure appropriate skill sets of the personal training profession.

### Development of the NFPT-CPT Exam

The NFPT-CPT exam is developed using an established test development process guided by nationally accepted best practices for certification programs. NFPT's test development process is facilitated by the psychometric staff of Schroeder Measurement Technologies, SMT; and parent company, Prometric, a leading provider of technology-enabled testing and assessment solutions to many of the world's most recognized licensing and certification organizations, academic institutions, and government agencies. For detailed information regarding SMT/Prometric, visit:

<https://www.prometric.com/test-owners/resources/prometric-acquires-schroeder-measurement-technologies-and-dl-roope>. For additional business and test development practices, visit [www.smttest.com](http://www.smttest.com). The NFPT-CPT exam has been developed in accordance with the following process:

**1. Job Analysis/Role Delineation:** In June 2004, National Federation of Professional Trainers conducted its first independent scientific research study to define the role of the Certified Personal Trainer (CPT). The mechanism for this study is a Job Analysis survey, completed every 7 years. The results of the study provide the basis for making a valid claim of appropriate test score inferences. In support of these efforts, NFPT contracted with Schroeder Measurement Technologies, Inc. (SMT) to develop and conduct the survey describing the important tasks and knowledge elements required for competent entry-level CPT practice. This Job Analysis was again conducted in May 2009 and December 2015 with new exam content domains added as a result.

NFPT appoints an Advisory Committee (AC) to provide content expertise for the development of the job analysis and the exam. The Job Analysis AC is made up of no less than 6 qualified Subject Matter Experts (SMEs) comprised of Certified Personal Trainers and health professionals who represent a diverse array of practice settings, experience levels, geographic locations, education levels, and fitness backgrounds. During the first phase of this study, the Job Analysis survey development stage, SMT and NFPT review job appraisals, learning objectives, and assessment domains of the CPT. The goal of this is to develop a comprehensive and exhaustive practice and knowledge list of elements that describe the role of the NFPT-CPT.

The Job Analysis process is repeated and completed every seven years to ensure that the NFPT-CPT exam continues to accurately reflect the current practice of personal fitness trainers.

**2. Validation of Job Analysis:** SMT presents the Job Analysis elements list to the NFPT Advisory Committee for review and approval and adopts a rating scale providing a mechanism for measuring each element's importance and frequency of practice. The AC also approves a demographic questionnaire to gather confidential data describing the survey respondents. The demographic data collected is used to ensure that the survey responses represent a diverse group of personal trainers that are representative of the field as a whole. SMT converts the elements list and demographic questionnaire into a survey instrument, the Job Analysis Survey, and administers this survey to a large national sample of participants/personal trainers who serve the health and fitness industry.

**3. Item Writing:** NFPT SMEs develop multiple choice test questions, also referred to as test "items," that correspond to test specifications (or content domains), derived from the Job Analysis survey results, and are referenced to acceptable educational resources. Each item is then validated by SMEs who were not involved in writing the question, providing two layers of review.

**4. Construction of the Exam:** NFPT test items are selected and approved by the NFPT AC. SMT reviews, edits, and assembles the final exam for delivery via paper and pencil and computer based testing networks. The final exam consists of 100 graded test items and 20 nongraded pre-test items. Pre-test items are used to collect statistical information which will determine the item's validity and possible inclusion in a future NFPT exam.

**5. Selecting a Passing Point:** The passing score is determined based on the overall degree of test difficulty. NFPT SMEs rate each test item based on an estimate of minimal competency of the Certified Personal Trainer. A passing point is determined for each version, or form, of the exam to adjust for any variations in difficulty between test forms and to ensure fairness for all candidates. This process helps ensure that all candidates are required to demonstrate the same level of knowledge regardless of which version of the exam they may take.

**6. Exam/Item Monitoring:** After the exam is administered, SMT prepares a NFPT Technical Test Report which provides statistical and diagnostic data for the final approved test form. Each test item is monitored to validate effectiveness through the life of the item. Items may be replaced, revised, or retired based on item abnormalities or prolonged exposure.

**7. Ongoing Test Development:** The NFPT exam is reviewed annually, or after about 1,000 test candidates have taken the test using statistical item and test data which may indicate the need for revision based on both graded test items and non-graded pre-test items.

SMT facilitates the development of new NFPT test items, following appropriate protocol for test development. One (1) form, or version, of the exam is developed and released each year from items which have been developed and approved based on the approved test specifications. In addition to this newly developed exam form, the form that had been published in the year preceding will remain active whereas the form that had been published two years preceding will be retired, leaving two (2) forms in circulation at all times. The passing point for each version of the exam is determined based on the difficulty of the items so that all versions of the exam are equivalent.

Every 7 years, a new NFPT Job Analysis is conducted and new NFPT test forms are derived from current professionally recognized knowledge, skill, and ability competency levels.

## Taking the Exam

### Test Locations

NFPT has availability for exam administration at approximately 500 computer based testing (CBT) locations across the United States and abroad, through NFPT's testing vendor network. Candidates are required to take the NFPT-CPT exam at computer based testing site unless the nearest site is more than 50 miles away or if special accommodations are required that cannot be provided at the computer based testing site, or if for any reason the travel to a testing location may be considered unsafe or creates undue hardship. Note that, in most cases, special accommodations for candidates with physical or mental disabilities can be provided at a computer based testing site (see '*Special Accommodations*', page 19). Regardless of testing location, all candidates will be required to meet the same test-day rules and regulations.

### Test Day Requirements

All candidates must adhere to the following requirements on test day. Candidates are advised to review these requirements carefully and to leave any unnecessary items at home. NFPT may require a test candidate to reschedule, re-take or may otherwise revoke future test eligibility if incidents occur or observations are made which do not adhere to the following test candidate responsibilities, or in any case where cheating is suspected or observed. NFPT reserves the right to cancel test scores based on actions that prohibit any test candidate's rights to consistent and effective NFPT test administration.

- Arrive on the day and time of test appointment. Arriving on time means arriving at least 15 minutes prior to your scheduled test appointment.
- Provide an acceptable photo ID **and** test eligibility confirmation letter to proctor. A valid photo ID must be government-issued, contain a photo and candidate's signature, and cannot be expired. Examples include a current driver's license, passport, state-issued identification card, or military identification card.
- Use #2 pencil for filling in bubbles on answer sheet (*paper and pencil only*)
- Fill in all bubbles on answer sheet for identifying yourself and your test form (*paper and pencil only*)
- No personal items or printed material, i.e. handbags, PDAs, cell phones, books, notes, dictionaries, etc., are allowed in the exam room.
- Test candidate must be seated at least 4 feet away from all other test candidates
- No assisting others. This includes but is not limited to: the impersonation of another test candidate, sharing information of any kind, giving or receiving advice or other help, having prior knowledge of the test questions, recalling test questions after the exam has concluded
- No disturbing or distracting others in any way during the test administration

NFPT enforces strict security procedures at all testing sites to ensure the secure, fair, and consistent administration of the exam.

NFPT's role is to provide a secure testing environment which legitimizes the credential that you will achieve. We are clients of Prometric and IQT Testing, using a dual security network and process for assuring the safe and secure delivery of our NFPT-CPT exam. The following exam administration options require strict security measures and an appointment with a test proctor. There are 3 ways that a NFPT test candidate can take the CPT exam:

## **1. Computer Based Testing**

Computer based testing (CBT) is offered at approximately 500 locations in the U.S., Canada, and 18 English speaking countries via a network hosted by Prometric, the parent company of Schroeder Measurement Technologies (SMT) NFPT's test development and management partner.

NFPT-CPT test candidates are provided login information for a NFPT Account once their exam application has been accepted. The NFPT Account online portal allows the test candidate to view and locate a nearby CBT location. From this portal, NFPT test candidates are able to schedule the CBT appointment, which should be done at least 2 weeks in advance to assure exam date options that may better accommodate the test candidate's schedule.

For verification purposes, test candidates are required to bring a valid, government issued picture ID and confirmation letter on the day of exam appointment.

## **2. Remote Testing**

This type of test administration allows for the test candidate to take the NFPT-CPT examination in their home with a virtual proctor. A NFPT test candidate may choose this method only if the test candidate is restricted for any reason (e.g. a CBT site is too far away from the candidate's location, a handicap/disability, any undue stress whereby travel to a CBT site creates a burden for the test candidate). With remote testing, the following is required:

- ✓ Use of a desktop computer or laptop with webcam access AND Windows 8 or greater operating system
- ✓ Download and install the ProProctor app **at least one (1) day before the exam**. These instructions are found in the [ProProctor online guide](#)
- ✓ Print and show the Candidate Admissions letter (provided once scheduled) as well as have your driver's license or other government issued photo ID to show to the test administrator during check-in

## **3. Paper & Pencil Testing**

Paper and pencil examination administrations must be pre-approved by NFPT and are only available in limited circumstances, including situations in which the candidate is more than 50 miles from the nearest CBT location.

Paper and Pencil examinations are administered by approved, qualified NFPT proctors who are appropriately credentialed and appointed to securely deliver the NFPT-CPT and specialty exams. Paper and pencil proctors must provide NFPT with all documentation as listed at [www.nfpt.com/proctors](http://www.nfpt.com/proctors) at least 15 business days prior to the test candidate's exam appointment. Appointments with paper and pencil proctors must be made at the mutual convenience of the test candidate and proctor.

### **International Testing Sites**

NFPT examinations are delivered worldwide with a growing network that expands outside the United States and North America. International exams are administered, in the English language only, via the paper and pencil method for those who do not live in an area where computer based testing locations exist. Policies for international paper and pencil exam administration are identical to policies for paper and pencil testing inside the United States.

## Special Accommodations

NFPT is committed to equal access for all certification candidates and complies with the Americans with Disabilities Act. Reasonable examination accommodations will be made at no extra charge to individuals with documented disabilities. Documentation from a qualified professional must be submitted by candidates and must include a written list of the requested exam accommodations. According to the Americans with Disabilities Act of 1990, special test arrangements may include but are not limited to the following:

- **Flexible scheduling.** The candidate may be administered an examination during several brief sessions, or one extended session, so long as that examination is completed on a single test administration date.
- **Flexible setting.** The candidate may be administered an examination individually or in a small group setting by a proctor.
- **Recording of answers.** Candidate may mark answers in a test booklet, type the answers by machine, or indicate selected answers to a test proctor. The proctor may then transcribe the candidate's responses onto a machine-scorable answer sheet. A large block answer sheet may be provided. The candidate may use a word processor or typewriter to prepare any required essay or other written response.
- **Revised format.** The candidate may use a large-print booklet, a Braille test booklet, or a magnifying device.
- **Auditory aids.** A tape-recorded version of the examination may be provided, the examination may be read by a narrator, or the examination may be provided via video tape with a narrator using oral language or sign language.
- **Assistive personnel.** Test personnel may be provided by the test administrator to record answers, sign test instructions, or read instructions and text.

The Americans with Disabilities Act (ADA) provides for stipulations that require the test candidate to first submit documentation of the disability as diagnosed by a qualified professional. Requests for special accommodations must be made to NFPT Certification, in writing and with supporting documents, at least 30 days prior to testing.

Requests for any such special accommodation must be made by/through the NFPT [Request for Accommodations](#) packet. This packet contains examples and types of accommodation as well as forms for proper supporting documentation when submitting this request. NFPT reserves the right to accept or deny the accommodation request based on reasonable expectations of the test candidate. The following steps are taken by NFPT Certification upon a request for accommodation:

- 1- NFPT Office Manager reviews the request and all supporting documentation, which has been sent in by the requestor, and confirms receipt within 48 business hours of initial request. Additional supporting documentation may be required, and will be requested, if needed.
- 2- NFPT Office Manager, with oversight of the Certification Director, will determine reasonability that does not pose undue hardship on the certification program and/or exam administrator or administration process and does not provide unfair advantage or bias.
  - If the request is determined to be reasonable with sufficient supporting evidence, NFPT and NFPT Testing Vendor will work together to identify the accommodation/s/ necessary for the test candidate to complete the NFPT-CPT examination. Any expense associated with the accommodation/s/ will be at the cost of NFPT and/or NFPT Testing Vendor.
  - If the request is determined to be unreasonable in that it poses undue hardship on the certification program and/or testing administrator or administration process and/or provides an unfair

advantage or bias, NFPT will deny test candidate eligibility. An appeal may be requested in accordance with Non-Disciplinary Appeals Policy included in this handbook.

### **Rescheduling an Exam**

Exam rescheduling due to personal scheduling conflicts may only occur if the test candidate is still within the one year eligibility time restriction (see Application Expiration). The test candidate must contact NFPT by email or phone within 5 days of exam appointment to avoid penalty. Notice of less than 5 days will result in a non-refundable/non-transferable \$79 fee.

### **Cheating**

NFPT takes implications and suspicions of cheating very seriously. If agents of NFPT, SMT, Prometric or any examination proctor or witness has informed or provided evidence of cheating, NFPT will research and act on this allegation immediately. If NFPT or an affiliated proctor and/or colleague observes any form of dishonest test taking, the test candidate will be notified and given the opportunity to dispute such claims, but must do so within the requirements of the NFPT Certification Council Complaints and Disciplinary Action policy. If SMT/Prometric provides NFPT with an incident report that describes identical response string data in detail as it relates to another test candidate who tested with the candidate in question, NFPT will notify all test candidates involved and reserves the right to immediately cancel scores and disqualify test candidates from future program eligibility. Allegations of cheating and any subsequent disciplinary actions will be investigated and decided in compliance with the NFPT Certification Council Complaints and Disciplinary Action policy. The full policy is available on the NFPT web site at <https://www.nfpt.com/certification/terms-and-conditions> or by contacting NFPT.

### **Serious Incidents**

NFPT may require a test candidate to reschedule, re-take or may otherwise revoke future exam eligibility if incidents occur or observations are made which do not adhere to the test candidate responsibilities. NFPT reserves the right to cancel test scores based on actions that prohibit any test candidate's rights to consistent and effective NFPT exam administration. If cancellation of test scores occurs as the direct or indirect result of the test candidate, NFPT will provide no refund and will require administrative retest fees if re-testing is permitted. If an exam retake is necessary as the result of the actions of another test candidate or test administrator, NFPT will waive administrative retest fees only if the incident is documented and reported to NFPT by the test candidate within 48 hours of exam administration, or if, as the result of NFPT independent investigation, NFPT discovers an occurrence or incident whereby evidence supports that the actions of another have affected the outcome of the test scores.

### **After the Exam**

#### **Test Results**

Test results are delivered to candidates testing via Remote Testing or at a CBT site immediately after the exam session. Paper and pencil candidates will receive their results approximately 2-3 weeks after their exam session.

Candidates that receive a passing score will also receive an NFPT Certificate and Certificant Membership ID card. Test results as a score are not published and are not provided to the passing test candidate. The reason for this is that the score may be misused and/or misrepresented in a way that provides preferential treatment to one test taker over another, dependant on the difference in their test score. This exam is not designed to

differentiate among levels of competent performance, it is designed only to differentiate between those candidates who are not competent from those who are. Therefore, it is the policy of NFPT Certification to withhold the specific test score of the passing candidate to ensure that this score does not disparage candidates who pass the examination at a misperceived lower end of the scale.

Information about candidates and their examination results is not released to any third party without consent of the candidates. Even with written consent, candidate test scores are not released by telephone or via email. For more information on NFPTs confidentiality policy see the *NFPT Certification Council Policies* section in this handbook.

Candidates that do not pass the exam will receive a score report that includes information on the candidates performance on the exam respective to each of the content domains. Candidates are encouraged to use this feedback to guide their studies.

Delays in test results may occasionally occur due to:

- NFPT Certification fee not paid in full
- Test audit is being performed as a result of suspected cheating
- Test audit is being performed as a result of improper testing administration
- A test discrepancy exists

### **Understanding Your Score**

The established passing score for the exam reflects the minimum amount of knowledge a committee of subject matter experts have determined to be appropriate for certification. This review and determination is made by a committee of CPT experts under the guidance of SMT testing experts and under the oversight of the NFPT Certification Council. Each candidate is evaluated against the established passing point. In other words, a candidate's ability to pass the exam depends on the amount of knowledge he/she displays and not on the performance of any other individuals taking the exam. Exams are not graded "on a curve." The exam is not intended to distinguish among scores above the passing point.

### **Re-Testing**

NFPT allows for any test candidate who has failed the examination the option to re-test, with exception of those who are found to have cheated or in any way have dishonestly taken the NFPT Certification examination.

The NFPT-CPT examination can be taken two (2) times within the candidate's one year eligibility period. A \$119 re-test fee is required for the second attempt. Both (2) versions of the CPT-examination will be used during/if a second attempt is needed, in alternate. Failure to successfully pass the NFPT-CPT examination upon the second attempt will require the candidate to re-apply to the NFPT program after a required 18 months has passed from the first examination attempt.

### **Rescoring Request**

NFPT will allow a test candidate to request a rescoring of the exam. A rescore request must be submitted to NFPT ([info@nfpt.com](mailto:info@nfpt.com)) within 5 days of the candidate receiving their exam score. A rescoring fee of \$49 is payable to NFPT upon this request. Rescoring will be done by hand with an approximate 2 week turn around period.

## **Test Appeals**

Test candidates that fail the exam may appeal their test score if they believe their exam was negatively impacted by improper test administration in violation of NFPT policies, significant environmental conditions, or other significantly disruptive conditions. The test candidate should inform the proctor immediately as the incident occurs so that the proctor may identify the issue, take corrective measures, and inform NFPT of the incident. It is not a requirement that the proctor be informed; however it is in the benefit of the appeal that this be documented immediately.

Appeals procedures are included in the Non-Disciplinary Appeals section in this handbook.

## **CHAPTER 4**

### **NFPT-CPT Designation and Certification Mark**

A NFPT Certified Personal Trainer certification is issued to an individual who has met all eligibility requirements and has successfully completed the certification examination approved by NFPT Certification. To distinguish the industry title from the various organizations who provide personal trainer certification, identify your certification as being completed through National Federation of Professional Trainers, NFPT.

Upon successful completion of the NFPT-CPT examination, the NFPT-CPT designation may be used in order that you, as the NFPT-CPT certificant, may be identified as meeting the standards set forth by the NFPT Certification program. The NFPT-CPT designation is a certification mark which distinguishes the NFPT certificant's competent knowledge of the subject matter which is being assessed on the NFPT-CPT examination. The NFPT-CPT examination is a knowledge-only assessment. This information can be found on the NFPT website at: [www.nfpt.com/terms-and-conditions#title](http://www.nfpt.com/terms-and-conditions#title)

### **NFPT Codes of Conduct**

NFPT certified fitness trainers and candidates for certification are required to adhere to professional ethics and safety standards when working with clients and/or other health and fitness enthusiasts.

NFPT test candidates and certificants agree to uphold these ethics and safety compliance standards. NFPT may revoke or take other action against certificate holders in violation of these standards in accordance with the Certification Council's disciplinary policy. NFPT Certification Council will ensure that information pertaining to these codes of conduct and administrative procedures, as they pertain to complaint processes for reporting violations of these codes, will be published and available from appropriate NFPT website locations to consumers, certificant employers and fitness consumers.

NFPT-CPT certificants and candidates agree to:

- Provide safe and effective fitness program design through appropriate screening, consultation, and evaluation of the apparently healthy client's physical fitness goals and limitations
- Uphold professional courtesy and consistency by implementing standards for client confidentiality, client to trainer relationships, and allied health professional references
- Maintain clear business standards and an understanding of limitations and responsibilities as they pertain to best business practices, client and public safety, and legal and professional liabilities
- Comply fully with all certification renewal requirements and continuing education requirements for trainer maintenance and advancement
- Represent the certification credential, organization, and industry in a way which furthers health and fitness efforts and initiatives
- Complete all documents, applications, or declarations made to NFPT truthfully

- Protect the confidentiality of NFPT certification material including, but not limited to, certification exam material, exam questions, and score reporting documentation
- Follow NFPT policy for the appropriate use of the NFPT-CPT certificate, certification mark or other logos (also known as 'NFPT Branding'). NFPT Branding may only be used by currently active certificants and never associated with activities which are illegal, obscene, or inappropriately construed.
- Never knowingly provide trainer services to individuals who are at risk and/or not apparently healthy, or without proper medical release and/or without the performance of proper screening and evaluation procedures
- Refrain from the performance of unethical and/or negligent activities to include lewd and immoral conduct, inappropriate sexual advances or abuses, misuse of trainer/client confidence, reckless exercise instruction, unprofessional behavior which mentally or physically harms the client or general public
- Refrain from any substance that may cause mental or physical impairment that impedes trainer's ability to safely and effectively evaluate, implement, and perform an appropriate fitness training program
- Refrain from any liable, slanderous, or damaging remarks or literature that discredits the personal trainer profession and/or certification organizations who appropriately certify the personal fitness training professional

In addition, candidates and certificants must report any conviction of a felony. This must be reported to the Human Resource Director at [HRdept@nfpt.com](mailto:HRdept@nfpt.com). Reports of felonies will be reviewed under the complaints and disciplinary policy, on a case by case basis.

Felony offenses which have occurred **within seven (7) years before application submission** and are grounds for applicant ineligibility will include, but are not limited to, all sexually based crimes and/or the intent or actual use of a weapon to cause or threaten harm to another person. Felony offenses which have occurred **seven (7) or more years prior to application submission** will be reviewed on a case by case basis, with an eligibility decision that is at the sole discretion of NFPT Certification.

Felony offenses which occur **after application eligibility or certification award** and are grounds for applicant ineligibility or certificate revocation include, but are not limited to, all sexually based crimes and/or the intent or actual use of a weapon to cause or threaten harm to another person and/or the involvement in the illegal use, sale, or distribution of anabolic or controlled substances.

Investigation and disciplinary action will occur in compliance with the Certification Council's Complaints and Disciplinary Action policy.

## Complaints and Disciplinary Action

The NFPT Certification Council will review and take appropriate action on all such complaints and/or potential codes of conduct breaches of that of its certified personal fitness trainers and test candidates. NFPT Certification will serve to protect the interests of fitness training consumers who receive service from NFPT

certified trainers. NFPT test candidates and certified trainers are expected to be representative of NFPT professional and ethical standards as expressed directly in NFPT Codes of Conduct.

NFPT will revoke or take other appropriate disciplinary action with regard to certification eligibility or certification status in any one or more of the following situations:

- One or more enrollment prerequisites do not exist
- Falsification of any NFPT document, application, or declaration made to NFPT or the public which in effect grants test candidate or certified trainer approval under false pretenses
- Mishandling or unauthorized use of NFPT certification and/or education material to include, but not limited to, certification exam material and reporting documentation, certificate and/or certificant membership card, logos or other business systems material, confidential files or documents, marketing and industry literature, NFPT personal trainer or education curriculum
- Knowingly and neglectfully providing trainer services to those who are at risk and/or not apparently healthy, or without proper medical release and/or without the performance of proper screening and evaluation procedures
- Conviction of a felony, or any evidence which is brought before NFPT, that provides confirmation of potential or actual harm to public safety and/or the mental or physical well-being of another person. Offenses which occur, or are brought to NFPT's attention, at any point before or after application eligibility or certification award which are grounds for ineligibility will include, but are not limited to, all sexually based crimes and/or the intent or actual use of a weapon to cause or threaten harm to another person. Offenses which occur after enrollment eligibility or certification award which are grounds for ineligibility are the involvement in the illegal use, sale, or distribution of anabolic or controlled substances
- Performance of unethical and/or negligent activities to include lewd and immoral conduct, inappropriate sexual advances or abuses, misuse of trainer/client confidence, reckless exercise instruction, unprofessional behavior which mentally or physically harms the client or general public
- Mental or physical impairment that impedes trainer's ability to safely and effectively evaluate, implement, and perform an appropriate fitness training program
- Non-compliance of renewal and continuing education processes for certification maintenance
- Liable, slanderous, or damaging remarks or literature that discredits the personal trainer profession and/or certification organizations who appropriately certify the personal fitness training professional

Complainants are not entitled to any relief or damages by virtue or result of this process, however, an NFPT test candidate or certified trainer who displays unethical or unprofessional behavior and/or is found to be in violation of NFPT's Codes of Conduct may have his/her eligibility status or existing credential suspended or revoked at the authority of the NFPT Certification Council.

- Suspension = a temporary hold status of test candidate eligibility, current certification, or recertification eligibility until which time resolution can be made by NFPT Certification Council members based on the collection of all relevant data and documentation of the incident. Suspension status for further NFPT Council review does not affect certification expiration dates or test candidate eligibility dates; original expiration dates for both exam and recertification eligibility will apply. NFPT Certification has authority to change “suspension” status to “revoked” status if it is determined that certificant, or test candidate, cannot provide supporting documentation within a reasonable amount of time or if an alleged violation is substantiated.
- Revocation = the cancellation of test candidate eligibility, revocation of current certification status, or recertification eligibility. For current certificants, NFPT credential is immediately revoked and recertification not granted. For test candidates, exam eligibility is immediately revoked. NFPT Certification Council may act to:
  - Require a period of one year from revocation upon which test candidate eligibility status may be awarded in accordance with professional standards for eligibility in effect at any time. Re-application and all subsequent test and administrative fees apply.
  - Revoke certificant status and test eligibility permanently. No re-application opportunity is provided.

Depending on severity of complaint and information needed to effectively investigate the complaint, NFPT Certification Council may contact and/or rely on evidentiary information as provided by the complainant, the test candidate or certificant who is the subject of the complaint or his/her employer, or any such individual who may have knowledge of the facts surrounding the complaint and/or supporting NFPT records data, this includes the NFPT Testing Vendor security/investigative representative. NFPT Certification Council has full authority over such matters and will act in accordance with disciplinary policy described herein, resulting directly from any such substantiated breaches of NFPT Codes of Conduct.

All complaints must be submitted in writing via the NFPT Complaint Form that is published on the NFPT web site at [www.nfpt.com/contact-us](http://www.nfpt.com/contact-us). The Complaint Form may also be provided in PDF or mailed in hardcopy by request. NFPT Certification will maintain full confidentiality of all personal and contact information of the complainant (including first and last name, address, phone number/s/, email, employer information.) Anonymous complaints are accepted, however these are more difficult to substantiate and may not allow Certification Council investigations to proceed effectively and conclusively. Complaint Forms are sent to NFPT Certification Coordinator for verification of complete and accurate information, additional information may be required. NFPT Certification Coordinator will notify the complainant within 5 business days of receipt of Complaint Form to inform the complainant of acceptance, rejection, or a request for more information regarding the complaint. This notification will include a complete copy of the Complaints and Disciplinary Actions policy.

Upon the acceptance of a complaint, based on sufficient evidence, the NFPT Certification Coordinator, at the full authority of the Certification Council, will:

1. Notify the NFPT test candidate or certified trainer of the nature of the complaint, directly referencing the alleged action to the specific code of conduct which has been allegedly violated. The identity and all personal and contact information of the individual who submitted the complaint will remain confidential.

2. Provide a deadline for response within the alleged violation notification. The test candidate or certificant will have thirty (30) days following the date of the initial complaint notification to respond to the complaint. Exceptions can be made on a case by case basis whereby more time is provided; however, contact must be made within 30 days of notification to include the reason for requesting a time extension.

The NFPT Certification Council will oversee a complaint investigation. NFPT Certification Coordinator will be the point of contact for notifications and communications by and between the complainant, the NFPT test candidate or certificant, and the NFPT Certification Council.

3. Investigate complaint details using all available resources as needed and applicable to the complaint (this may include investigative participation by NFPT Certification Council members, NFPT Testing Vendor security/investigative representative, complainant, test candidate or certified trainer and his/her employer, third parties, administrative data, or social media outlets)
4. Review complaint investigative and supporting documentation, to include the information provided in rebuttal by the test candidate/certificant, in order for the Certification Council to make an actionable decision.
  - ***If the accused test candidate or trainer does not respond*** to complaint in the allotted period of time, and/or does not provide request for a time extension, NFPT Certification Council may act against the test candidate / certificant status to suspend temporarily until which time the test candidate or certificant can provide rebuttal and any such documentation or supporting evidence for Council consideration; or the Council may revoke test candidate eligibility/certification status permanently at their discretion.

The full Complaints and Disciplinary Action policy may be requested by contacting the NFPT office. The full Complaints and Disciplinary Action policy provides the outcomes which may result from action taken by the Certification Council.

### **Appeals**

Within thirty (30) days from receipt of notice of a determination by the NFPT Certification Council that a candidate/certificant has been found in violation and disciplinary action will be taken, the affected candidate/certificant may submit to the NFPT Certification Council in writing a request for an appeal. Complete appeals procedures are included in Chapter 6 of this Handbook.

# CHAPTER 5

## Maintaining NFPT-CPT Certification

### Purpose of NFPT-CPT Recertification

Individuals who have earned the NFPT-CPT certification are required to recertify annually through a renewal process that requires the continual professional development through ongoing continuing education activities. The renewal requirements are designed to ensure that all NFPT-CPTs participate regularly in professional development activities to remain current in the health and fitness field and keep pace with a changing fitness industry.

In order to provide a continuing education program that supports these goals, all continuing education credits are required to have relevant subject matter as defined by the exam content outline, be presented by a qualified instructor or developer, and require an acceptable amount of participation and/or completion time. The NFPT Certification Council requires annual recertification in order to verify continual involvement in professional development and learning by all NFPT certified fitness trainers.

By establishing an annual renewal time interval, the Council ensures that all NFPT-CPTs:

- participate in professional development activities at least every 12 months,
- remain current in regard to developments in health, training, and recent advancements as they relate to fitness training,
- demonstrate an ongoing personal commitment to their own professional development and the health and safety of their clients, and
- are provided a consistent and conventional time interval for recertification activities.

The Certification Council has established the annual renewal time interval to achieve the goals listed above based on the constantly evolving nature of the fitness industry.

### Recertification Requirements

All NFPT-CPT certificants are required to renew their certification annually. NFPT Certification requires each certificant to obtain 2.0 Continuing Education Credits (CECs) per each certification year, starting one year after the initial certification date. No roll-over or advanced credits will apply to a future certification year interval.

Notification of certification expiration will be provided by email and/or mail approximately 60 days before certification expires with instructions for renewing through the following year. An annual renewal fee includes the maintenance and continued availability of NFPT certificant benefits and services as well as an updated Personal Trainer Certificate and Certificant Membership ID Card.

The annual renewal fee is \$85. The NFPT renewal fee covers a 12 month period of time, starting from the original date of certification and expiring one year from this date (for better handling of these expiration dates, NFPT chooses to use the first of every month, therefore the expiration date that is printed on each certificate will be adjusted to reflect the 1st of the closest subsequent month.)

The NFPT expiration month and day will not change regardless of payment date as the certification expiration date corresponds with the original expiration date and not payment date.

## Continuing Education Requirements

No Continuing Education Credits (CECs) are required within the first year of certification. NFPT CEC requirements take effect after the first year renewal fee has been paid; renewal eligibility in year two is contingent upon continuing education maintenance in certification year two.

The NFPT certificate will include an expiration date which indicates the start date for continuing education maintenance. The certification is renewed on an annual basis. Notification of recertification requirements will be delivered by email to all expiring certificants at least 60 days in advance of credit and renewal requirements. Certificants may renew their certification immediately upon receipt and/or confirmation of the 2.0 continuing education credits obtained.

NFPT Certification has adopted a credit award calculation of hours to credits to equal:

**1 hour = 0.2 CECs**

In a one-year certification cycle, the NFPT-CPT will need to acquire 10 total hours of a fitness learning activity in order to be awarded 2.0 CECs.

Continuing Education Credits (CECs) may be obtained by one or more of the following methods:

NFPT self-tests (0.6 CECs):

Available each June and December, based on continuing education articles published via NFPT's continuing education section of the NFPT Blog.

NFPT Specialty or CEC program offering (0.6 – 2.0 CECs):

NFPT's continuing education course catalog provides specialty credentials and continuing education programs that meet qualifications for CEC maintenance.

NFPT CEC Approved Provider program course (0.3 – 2.0 CECs):

Specialty credentials and continuing education programs available through qualifying organizations/instructors that have met NFPT CEC qualifications for approval.

Special Events/Educational Sessions (0.2 – 2.0 CECs):

One-time sessions or special events that have been pre-qualified and approved for NFPT credit award.

CPR verification (0.4 CECs):

Certificant may submit current CPR certificate/verification for this award

First Aid/Emergency Response Training/AED (0.4 CECs):

Certificant may submit current First Aid certificate /verification for this award

Non Pre-approved programs/events (0.2 – 2.0 CECs):

Programs/events that have not been pre-approved will be considered for NFPT credit award.

No one method for obtaining Continuing Education Credits is required. NFPT certificants are reminded at least 4 times per year, using various forms of media (i.e. *Trainer Pulse*, NFPT's monthly continuing education

e-newsletter which features NFPT CE reminders and provider information; and NFPT direct email notices to all certificants which promote continuing education, at least annually). These reminders are intended to reinforce the need for continuing education and necessary credits for recertification eligibility.

NFPT Certification will consider all forms of continuing education activity in the field of health, fitness or business and communications as a credit award. Submissions for a credit award review may be done via the NFPT certificants' online account (account.nfpt.com), or by fax, email, or hardcopy mailing. A NFPT credit award submission form may be requested in hardcopy. No rollover credit or advance credit will be awarded.

All certificant submissions for credit award approval will be based on the three (3) Continuing Education approval qualifications, as follows:

### **Continuing Education Approval Qualifications**

**1- Subject Matter:** must be specific and relevant to fitness related concepts in the fitness industry or business of personal training. Course name, description, and learning outcomes will be requested when submitting non pre-approved coursework. Course content/objectives must speak to personal trainer development in one of the following disciplines:

*Anatomy and/or Physiology*  
*Kinesiology/Biomechanics*  
*Aquatics*  
*Client Screening/Consultation*  
*Special Population Training*  
*Dance/Gymnastic Instruction*  
*Sports Conditioning*  
*Endurance Training*  
*Sports Rehabilitation*  
*Fitness Business Training*  
*Stress Management*  
*Flexibility Training*

*Functional Training*  
*Weight Management*  
*Group Fitness*  
*Weight/Resistance Training*  
*Injury Treatment/Prevention Wellness*  
*Yoga*  
*Martial Arts*  
*Youth Training*  
*Mind and Body Training*  
*Interpersonal Communications*  
*Nutrition Concepts*  
*Wellness*

**2- Instructor/Developer:** Must be qualified to teach the topic and possess sufficient knowledge of the content area.

- a. Certificant must submit the Continuing Education company's name and event/course description, including all relevant contact information of the course provider, the instructor's name and how the experience is applicable to the profession to NFPT Certification for review.
- b. Instructor/s/ (either Presenters for specific event/s/ or Developers of respective course content) must have an accredited or industry recognized/accepted certification or a related degree and 3 or more years of experience in the field of study; OR, the course developer must be a reputable industry organization known for education delivery and support, as determined by NFPT Certification.

**3- Prep/Completion Time:** Course completion time may refer to both the preparation time as well as the assessment time involved and actively participated in by the NFPT certificant. Time considerations for credit award are as follows:

Potential CEC Award	# of Prep/Completion Hours
0.2	1 hour
0.4	2 hours
0.6	3 hours
0.8	4 hours
1.0	5 hours
1.2	6 hours
1.4	7 hours
1.6	8 hours
1.8	9 hours
2.0	10 hours

### Earning CECs with NFPT “Self-Tests”

To ensure the quality of ongoing education and conveniently available sources for NFPT credit awards, open-book self-tests are published for credit every 6 months; available in the months of June and December through certificant’s Account as well as via an email link found in the notification which is sent immediately following the self-test post. Self-tests are a compilation of continuing education articles from the prior 6 months of NFPT’s e-newsletter Trainer Pulse, also located in the NFPT Blog section “Continuing Education”. No additional fee is required for this continuing education service. NFPT certified trainers are provided an automatic subscription and detailed instructions for CEC maintenance through this online resource.

A score of 80% or greater must be achieved on self-tests in order to earn the .60 credit award (per each successfully completed self-test).

These self-tests are a free CEC maintenance opportunity for certificants, and will provide for 1.2 total credits per certification year when taken bi-annually per availability.

2.0 total credits are required per certification year, therefore NFPT provides for CECs to be obtained through a number of other sources as well. Approved Continuing Education Credit sources are determined based on required criteria for course relevance, course length, and course presenter (in the same manner and determining factors as credit award is approved via certificant submission of non pre-approved coursework). See NFPT CEC Provider/Course criteria at <http://www.nfpt.com/continuing-education-provider>

### Lapsed Certification

Individuals who fail to renew by the deadline may not use the NFPT-CPT certification after the expiration date. NFPT allows for the renewal of certification up to two years past the expiration date, however, payment of past due fees will be due for certification renewal in the case where more than one year has passed since renewing. Continuing education requirements apply. Continuing education credits must be verified as being completed in those years of certification expiration, or CECs must be obtained to equal two years of required credits. Expired certificants must provide NFPT with CEC verification per continuing education submission requirements. An expiration date that is two or more years expired will require re-application, at full price, and re-testing. No exceptions are made to this policy.

## Additional CEC Options

There are many options for pursuing credits outside the NFPT self-test CEC provision. NFPT approves and recommends a number of sources from <http://www.nfpt.com/continuing-education> as well as from NFPT Account.

## Review and Approval of Recertification

NFPT Certification staff reviews and approves incoming recertification application documents to assure accuracy and completion. As a NFPT certificant, you maintain your CPT certification through a review and approval of the above requirements, i.e. CECs and membership payment. As described, the NFPT membership portion of recertification is simply made via payment of the \$85 fee, which can be done through your NFPT online account, or by phone with an NFPT agent, or by mail with a check or money order.

At any time, you may request the '[Recertification Packet](#)' from NFPT Certification, this is also found in your NFPT online account for download/print. When a hardcopy of the '*Recertification Submission Form*' (found in the back of the 'Recertification Packet' is mailed, or emailed in PDF, to NFPT Certification, it is reviewed and approved by the NFPT Office Manager or other internal staff with the oversight of the NFPT Office Manager. Specifically, approval is only given if/when the membership fee is paid and the information regarding the continuing education/professional development activities are confirmed as appropriate for a credit award.

The credits that you are awarded, upon submission of the *Recertification Submission Form* in hardcopy, or the same such form via your NFPT online account, will follow the current CE requirements, as described above, whereby recertification approval will only be granted if you have earned all of the necessary credits required to recertify. You may contact NFPT and/or view your CEC Report here:

<https://account.nfpt.com/continuing-education/cec-report>.

This is a recertification application process whereby you, as the NFPT certificant, will be applying to have your NFPT-CPT credential recertified upon completion of both portions of the recertification requirement, which NFPT Certification will review and approve. As stated above, these two parts include: 1. Membership fee is paid and 2. CECs are completed. If you submit CECs that are not pre-approved by NFPT, then NFPT staff will manually review and approve the documents that you submit which must demonstrate your participation in the CE activity; this review and approval process can take up to three (3) days. Once your submitted CE is approved, you will receive a credit award that will be reflected in your CEC Report. If your CE submission is not approved, you will be contacted with a request for more information in order that we may approve the submitted activity. A denial of your CEC activity is within the right and complete discretion of NFPT Certification. No credit is awarded if the CE activity is denied by NFPT Certification.

Upon approval of the respective number of CECs that are required by you to recertify, your NFPT-CPT certificate and certificant member card are sent by mail to the current address that NFPT has on file for you.

# **CHAPTER 6**

## **NFPT Certification Council Policies and Services**

### **Non-Disciplinary Appeals**

An appeal may be made by a certification candidate or certificant to the Certification Council regarding:

1. NFPTs interpretation of policies, including candidate eligibility determination or certificant renewal determination
2. Alleged examination scoring/grading errors or discrepancies
3. Alleged inappropriate exam administration procedures
4. Alleged testing conditions severe enough to cause a major disruption of the examination process (including proctor error, environmental conditions, or disruption caused by other candidates)

The appeal must be submitted in writing within thirty (30) days of receipt of notification of an adverse decision of the Council. Any incident occurring during exam administration (as noted in item 4 above) should be reported to the on-site proctor immediately, however failure to do so will not impact the ability to appeal.

The Certification Council reviews information by telephone, email, mail, or teleconference within thirty (30) days of receipt of the appeal. Appeals regarding disciplinary issues are subject to the Certification Council's Complaints and Disciplinary Actions policy and procedures. All such disciplinary appeals must be submitted in accordance with the process as stated herein for Non-disciplinary appeals; and, in addition, an appeal must include the material error with evidentiary support of actual or perceived error which had occurred during the handling or interpretation of information which led to adverse decision making and/or disciplinary action taken by the NFPT Certification Council.

Notice of the final determination shall be provided to the appellant within ten (10) business days of the decision. The determination of the Certification Council shall be final.

### **Confidentiality**

Confidential information includes, but is not limited to: examination materials; personnel records; applicant and certificant personal/contact records; applicant status; exam scores; disciplinary matters; contracts and agreements; information discussed or disclosed during Certification Council and committee meetings; and any other information that NFPT is required to keep confidential. Confidentiality extends to NFPT Certification Staff as well. In the event that the NFPT Certification staff member who is assigned to handle a specific actionable task (e.g. the Human Resource Director's collection of test accommodation request and documentation) is not available to review the information/request within a reasonable amount of time or before the NFPT deadline that is established by the policy, then the NFPT Certification Coordinator will review and securely manage the request or inquiry using the same guidelines for confidentiality and policy protocols.

NFPT protects the confidential information of candidates, applicants and certificants. In addition to personal information submitted in the application (address, phone number, email address, payment information, birth date, employment status) each individual's application status and exam results are also considered confidential. Confidential information will only be released to or by the individual candidate/certificant unless a signed release is provided or unless otherwise required by law. The name, city, state, and zip code of residence, and current certification status of NFPT certificants are not considered confidential and may be

published by NFPT in an online, searchable database. The publication of certification status is necessary to ensure public safety via a tool which allows the consumer to verify the current certification status of a NFPT trainer before working with that individual. NFPT certificants may voluntarily opt to provide additional personal and contact information through the NFPT Account portal, which is then displayed on the public profile of the NFPT Trainer's database listing, this information is optional and each trainer decides what to include.

NFPT does not sell its mailing list but may partner with organizations who share a common interest for health and fitness awareness whereby NFPT will facilitate communication between organizational partner and NFPT trainer. NFPT may engage in activities with industry partners that allow for monitoring and increased exposure of NFPT certificants.

NFPT will not release confidential information of any certificant to any third party except as required by law; but can release name, city, state, zip and certification status in order that it may assist in the accomplishment of effectively policing certificants. Potential employment opportunities for NFPT certificants are a residual benefit of this monitoring measure. Trainers may opt out of email or snail mail communications at any time by opting-out via email or calling 800-729-6378.

### **Confidentiality of Exam Results**

In order to protect the confidentiality of candidate/certificant records, information about candidates/certificants and their examination results is released to third parties only under the following circumstances:

- Upon the written or oral request of any third party, NFPT will verify current certification status, the date of initial or recertification and certification expiration date of a certificant. A list of currently certified individuals will also be posted on the NFPT web site.
- NFPT will disclose information that is required to be in compliance with state and federal laws, court orders and military deployment information requirements without certificant authorization.
- Any additional information requested by a third party will be released only after certificant's signed authorization.

### **NFPT Professional Services**

NFPT offers professional services for both trainer business and trainer skill set proficiency. NFPT encourages its trainers to access their NFPT Account for benefits that include:

- Listing and Networking Opportunities
- Liability Insurance (learn more at <https://www.nfpt.com/personal-trainer-insurance>)
- Online renewal and CEC maintenance
- Exercise Demonstration Videos
- Access to all NFPT educational material
- Discounted trainer tools and resources

Constant improvement to NFPT trainer benefits and resources is a crucial factor to NFPT Certification business development. NFPT will continue to expand its benefit and resource offerings to a growing certified member base.

### **NFPT Administrative Operations**

NFPT administrative staff is dedicated to the satisfaction, achievement, and certification maintenance of its members. NFPT staff assists in the evaluation of trainer policies and procedures as they are the most qualified with regard to the knowledge and experience of one on one handling of trainer concerns and/or suggestions.

NFPT's hours of operation are 9am to 5pm Eastern Standard Time.

**Holidays Observed:**

New Year's Eve/Day  
Memorial Day  
Independence Day  
Labor Day  
Thanksgiving  
Christmas (5 days)

**Questions?**

Contact NFPT for additional information.

**Mailing Address**

NFPT Headquarters  
PO Box 4579  
Lafayette, IN 47903

**Phone:** 800-729-6378

**fax#:** 765-471-7369

**email:** [info@nfpt.com](mailto:info@nfpt.com)

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