

PERSONAL FITNESS TRAINER CERTIFICATION & EDUCATION



NFPT
National Federation of
PROFESSIONAL TRAINERS

nfpt.com

800.729.6378

info@nfpt.com

- More than 25 years Certifying Fitness Trainers, est. 1988
- Accredited Certification through National Commission for Certifying Agencies (NCCA)
- Recognized Health Club Certification Provider (Nationally & Internationally)
- 350+ Exam Locations, Dates by Appointment with Instant Results
- No Traveling Required
- Trainer Technical Support and Advice
- G.I. Bill Approved
- Military, Fire and Police Discounts for Active Duty and Veterans
- Health Club Staff Discount
- Interest Free, No-Hassle Financing
- Advanced Specialty and Continuing Education Course Offerings
- Discounted Trainer Liability Insurance
- FREE Continuing Education Credit (CEC) Maintenance options
- Exercise Demonstration Videos
- Fitness Program Design Software



ABOUT NFPT

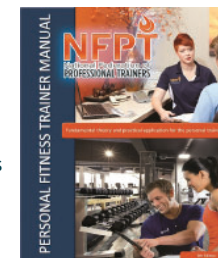
National Federation of Professional Trainers was founded in 1988 and provides an accredited certification program that is among the most recognized in the industry.

Our objectives:

- Ensure an accredited program and trustworthy credential with a legally defensible certification assessment
- Provide an affordable, convenient, comprehensive, and applicable education
- Offer a well respected and industry recognized Certified Personal Trainer (CPT) credential
- Provide certified member benefits that enhance personal trainer knowledge, outreach, and career development
- Facilitate and encourage continuing education and specialty training for improved trainer proficiency

NFPT Education

With the NFPT - CPT Standard and Premier package options, you will receive the NFPT Personal Fitness Trainer Manual, your complete guide for safe and effective fitness trainer services. The NFPT Board of Education recommends this education manual as a resource for reinforcing, improving and building upon your personal trainer skill set. It provides a comprehensive look at exercise science and step-by-step methods for fitness program design. The NFPT Personal Fitness Trainer Manual and supplemental Study Guide offers a back-to-basics, foundational curriculum with refreshingly easy to follow approaches to exercise science concepts. *participating in NFPT education is not a requirement for certification exam eligibility.



Why NFPT?

Regardless of where you are in your career, NFPT provides comprehensive education, business tools, and support services to make you a more successful CPT. NFPT certification and maintenance is among the most affordable available. We encourage you to compare NFPT's certification cost and Continuing Education Credit (CEC) costs and requirements with others.

NFPT provides FREE CEC options.



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ELIGIBILITY REQUIREMENTS TO OBTAIN NFPT – CPT CREDENTIAL

After choosing your certification package, you will be asked to indicate your understanding of the following acceptance qualifications for exam eligibility:

Pre-requisites:

- 18 years of age or older
- high school diploma or equivalent
- compliance with NFPT professional standards for codes of conduct (available at www.nfpt.com/resources)

NFPT - CPT CERTIFICATION PROCESS

In 3 easy steps, be on your way to your personal training career!

1. PICK **your cert package**
2. PREP **for your exam**
3. PASS **your exam**

STEP 1. PICK YOUR CERTIFICATION PACKAGE:

Exam Only

You may choose to take the CPT exam with no NFPT education or preparatory assistance. This option may be best for individuals with existing personal trainer credentials, related degrees or substantial work experience.



Standard Package (exam + digital education material)

Receive NFPT Personal Fitness Trainer Manual and Study Guide to help you better understand the knowledge, skills and abilities of the certified personal trainer. NFPT education provides a unique, comprehensive and fundamental approach to fitness training and exercise.



Premier Package (exam + digital education material + additional services)

The best available value for the start-to-finish support you need in a certification process. From education and support, online learning tools, practice tests and more, this package provides for the needs of your exam preparation and your growing personal training career. The Premier Package offers valuable long term service benefits as well, such as exercise demonstration animations and trainer software.

WHAT YOU GET*

	EXAM ONLY	STANDARD PACKAGE	PREMIER VALUE PACKAGE
Exam Voucher			
Personal Fitness Trainer Manual (Digital)			
Supplemental Study Guide (Digital)			
Online Learning Portal			
Practice Tests			 2 Practice Tests
Educational Tech Support			
Exercise Animation Demos			
Fitness Program Design Software			
Financing Available Half Now - Half Later! 0% interest \$0 monthly payment		 \$169 down \$170 prior to test	 \$224 down \$225 prior to test
PRICE	\$199	\$339	\$449

*education material, in physical hard copy, and additional trainer tools are available as optional add-ons to your purchase










DISCOUNT

PACKAGE OFFERS

	EXAM ONLY	STANDARD PACKAGE	PREMIER VALUE PACKAGE
Health Club Staff Member	\$199	\$305.10	\$404.10
Military, Fire, Police	\$199	\$288.15	\$381.65



WHAT YOU GET
Prep Tools and Resources, Detailed

	EXAM ONLY	STANDARD PACKAGE	PREMIER VALUE PACKAGE
<u>NFPT Personal Trainer Certification Exam</u> This assessment for PT certification is comprised of 120 multiple choice questions (closed-book, 2 hour time limit) that assess your ability and understanding of specific skill sets relating to the personal training profession. The NFPT Personal Trainer credential is obtained only through successful completion of the NFPT – CPT exam			
<u>NFPT Personal Fitness Trainer Manual</u> This manual is a study and reference tool for learning personal training fundamentals. It provides comprehensive instructions for offering safe and effective fitness training services and complete consultation guidelines. The NFPT Manual provides business advice, client assessment forms and legal document samples to support a successful personal trainer career			 *hard copy manual included!
<u>NFPT Study Guide</u> This guide allows you to prepare independently for a complete understanding of the NFPT Personal Fitness Trainer Manual. Moving at your own pace through the learning material is encouraged. The guide includes over 360 questions broken up by each chapter			
<u>Online Learning Portal</u> Prefer a more structured step-by-step learning environment? The NFPT online learning portal offers a guided interactive process that breaks up the NFPT education manual by each of its chapters. Use this online learning method for self-assessment and structured learning to best prepare for your CPT exam			

WHAT YOU GET
Prep Tools and Resources






	EXAM ONLY	STANDARD PACKAGE	PREMIER VALUE PACKAGE
<u>Practice Tests (2)</u> These practice tests will provide you a sampling of the format and types of questions that will be asked on the CPT exam. Experience the style and content sampling of the final CPT exam with a NFPT practice test			
<u>Exercise Animation Demos</u> These videos provide dynamic instruction and reference with over 80 demonstrations involving nearly every major muscle group. Illustrating a broad range of properly performed exercise movements, these animations focus on specific and necessary exercise routines, using a musculoskeletal model that demonstrates proper form and movement			
<u>Fitness Program Design Software</u> NFPT Trainer software is a program that includes the CVD Profile & Risk Factor identification to help identify risks associated with cardiovascular disease, including factors such as a family history of the disease and a client's activity level. From there, trainers may select any combination of programs for Nutrition, Aerobics and Resistance to provide the basis for a customized fitness plan			
<u>Education Tech Support</u> Need clarification? Want to discuss a concept in more depth? NFPT expert trainers are available to answer any questions that you may have regarding the NFPT Study & Reference Manual			

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STEP 2. PREP for your exam

NFPT education is a good resource for exam preparation, but it is not a tool that teaches to the exam. All of the skills that make a personal trainer successful are not found within one textbook; you are your own best method for learning and growing in this field. The NFPT manual is designed to be an on-the-job resource, both before and after the exam.

After choosing your certification package, you receive immediate confirmation, by email, of your purchase. Then, in 24 business hours, you receive an email confirming your eligibility for certification exam scheduling and login instructions to your NFPT online account. This email will include a link to your account with access to the following (included with Standard and Premier Packages):

-  **Education downloads:** Personal Fitness Trainer Manual and Study Guide in PDF
-  **Online Learning Portal:** Chapter by chapter interactive review quiz, no limit on re-takes. Is a self-assessment with answer keys provided at your discretion
-  **Exam Content Outline:** a detailed outline of the subjects that will be on the exam
-  **Exam Scheduling Portal:** accessed through your NFPT online account to quickly and conveniently choose your exam location, date and time from over 350 exam site locations. Though there are generally several in one area to choose from, if you find that you are more than 50 miles away from an NFPT exam location, you may have a local school teacher administer your exam locally!
-  **Practice Tests** and other Trainer Tools and Resources (Premier Package only)

*Hard copy education material may be purchased at a discount with your certification package. Manual, Study Guide and Enrollment Confirmation arrives by mail within 7-10 days of purchase.

STEP 3. PASS your exam and BE CERTIFIED!

The average exam preparation time for the NFPT Personal Trainer certification exam is 60 days, but you have up to one year to take and pass your exam.

After passing the exam, you receive your NFPT certificate and wallet ID card to show clients and potential employers that you are an NFPT Certified Personal Trainer! This credential is industry recognized as a CPT and can put you to work immediately!

EXAM LOCATIONS & ADMINISTRATION

Your exam can be scheduled anytime before your one year due date at over 350 exam locations. All exam locations are computer based testing (CBT) centers. Paper/pencil versions of the exam are also available.

NFPT offers convenient and affordable processes for exam administration, simply access your NFPT My Services account and schedule your appointment at any time! CBT locations will provide you with a printout of your score and detailed report on-site, immediately following the exam!

CERTIFICATION PROGRAM OBJECTIVES

The NFPT – CPT exam will assess your knowledge of necessary personal trainer skill sets, these include:

- Human Anatomy
- Human and Exercise Physiology
- Wellness and Nutrition
- Client Screening and Consultation
- Fitness Program Design and Implementation
- Injury Management and Prevention
- Professional and Legal Practices

NOTIFICATION OF EXAM RESULTS

You will receive a printout of your exam results instantly! (CBT sites only). Approximately 2-3 weeks following successful exam completion you receive (by mail):

- Professional certificate for framing and display
- Wallet-sized ID card for quick reference/verification

*Re-testing = \$119

CERTIFIED NFPT TRAINERS RECEIVE:

- Personal Trainer Database registry listing
 - job opportunities and training clients
 - national exposure and service promotion
 - convenient verification of certification status
- Member discounts on industry products and services
 - Liability insurance
 - Enhanced software options (nutrition and program design software)
- Continuing education provider discounts
- FREE 6- month trial eMembership (IDEA Health and Fitness Source)
 - Discounted Specialty Course Offerings



RECERTIFICATION

After you have been certified for one full year, you will then start to maintain Continuing Education Credits (CECs). NFPT requires 2.0 CECs per certification year. Many NFPT credit options are provided at no cost. Your credits can come from NFPT courses and offerings directly, or from a number of reputable sources:

NFPT Self-Test (.5 CECs)

The FREE resource for CECs, self-tests are posted each June and December. These home quizzes are based on continuing education articles published each month on the NFPT Blog and provided to you by email through NFPT's Trainer Pulse e-newsletter. Trainer Pulse notifies NFPT trainers and subscribers of all opportunities for upcoming CEC offers, courses and events.

NFPT Specialty/CE Courses (.5 - 2.0 CECs)

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

Approved Provider Courses (.5 - 1.5 CECs)

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

Special Event/Educational Sessions (.25 - 1.5 CECs)

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

Send us your CPR/AED, CE article contributions, course transcripts, or any accomplishment that is exercise science, trainer development or personal or business enrichment related and we will assess it for CEC value and give you the credits!

MEMBERSHIP RENEWAL

After obtaining your CECs for recertification eligibility, an \$85 annual membership fee will include:

- Renewed CPT Certificate
- Updated Membership Identification Card
- Renewed listing on NFPT's Personal Trainer Database
- Extended access to all NFPT support services and available discounts




You will be notified at least 90 days in advance of your certification expiration. NFPT recertification processes and renewal fee is among the most affordable and most convenient in the trainer certification industry.

VISIT NFPT.COM FOR OTHER GREAT COURSES THAT WILL ENHANCE YOUR KNOWLEDGE AND ENRICH YOUR CAREER!



Advanced Specialty Courses (2.0 CEC per course)



Compliment your CPT credential with a working knowledge of specific subject matter for the benefit of you and your clients. Whether your objective is CEC maintenance or career development, these specialty course certificates validate your understanding of advanced level concepts and add credibility to your profession:

-  Resistance Training Specialist \$135
-  Fitness Nutrition Specialist \$155
-  Endurance Training Specialist \$145







Master Fitness Trainer (2.0 CEC per course)

Completion of all three (3) Advanced Specialty Courses in Resistance, Nutrition and Endurance qualifies you for a Master Fitness Trainer credential! You will receive certificates for each of the completed Specialty Courses along with the Master Fitness Trainer Certificate.

-  Functional Fitness Training Specialist \$109
-  Cancer Recovery Specialist \$129



Continuing Education Courses (.5 - 1.5 CECs per course)

-  Introduction to Plyometrics \$50
-  Running Mechanics \$45
-  Stretching \$45
-  The Core \$54



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ENROLL TODAY!

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