



## **FAQ'S FREQUENTLY ASKED QUESTIONS**

### NASM Personal Trainer Certification

With such comprehensive course there are bound to be many questions that you would like to ask.

We have consolidated some of the most asked questions regarding the NASM CPT in an attempt to help you.

**Q *Is there a practical examination during course?***

**A** There is no practical examination during the course, however there will be an online final exam, which you take in your own time within 12 months.

**Q *Is there a final written examination in the course?***

**A** No, your final examination can be taken up to 12 months after you have finished your course. It is suggested however, that you do your exam within 3 months after your course.

**Q *Can I do my online practice exams at home?***

**A** There is one practice examination that you can attempt as many times as you like, this will give you a guide to what topics you may need to focus on.

**Q *Where do I take my final NASM CPT exam?***

**A** The final exam MUST be taken at a specific host site.

**Q *How many attempts do I have for my final examination?***

**A** You are entitled to three attempts on your final exam.

**Q *What if I fail three times?***

**A** You will be able to purchase an extension if you should fail three attempts or fail to complete the examination within 12 months.

**Q *How much time to I have to do the final examination?***

**A** You will have a total of 90 minutes to complete your final examination, with 100 questions to answer.

**Q *How do I book my final examination?***

A Once you are ready, contact your Course Provider and make an appointment for your examination. You will need to allow 90 minutes for the exam.

**Q *What is the pass mark for the final examination?***

A The pass mark for the final examination is 70%.

**Q *Can I use my text book during the examination?***

A This is a closed book exam and no electronic devices or text books can be used.

**Q *What topics should I focus on for my revision before I attempt my final exam?***

A You will be sent a comprehensive study guide at the completion of your course, plus, once you have access to your online portal you will also have revision videos that will assist in your preparation.

**Q *What if I fail to sit my examination in the given time frame?***

A You will be able to purchase an examination extension from your course provider (costs will vary accordingly). This will give you and additional 180 days to resit your examination with 3 attempts.

**Q *Will I get my results immediately after successfully completing my exam?***

A Yes, once you submit your final exam questions, your score will appear immediately identifying whether you have “passed” or “failed” the exam.

**Q *When will I receive my original certificate after successfully passing the exam?***

A Your International NASM CPT Certification will be processed after completion of your examination and will be sent to your Course Provider for collection. Once the certificate arrives, your Course Provider will notify you to collect.

**Q Can I print a soft copy of my certificate after the exam?**

A Yes, once you complete the exam you will be notified immediately of your test result, and a soft copy may be printed from the NASM portal system.

**Q How do I know which courses are recognised by NASM for Continuing Education Credits (CEU's)?**

A NASM provides a list of all approved CEU courses on their website. Ensure your continuing education courses are approved by NASM. NASM will only recognise approved courses.

**Q How long is the validation of the NASM CPT certification?**

A The NASM CPT is valid for two years from your date of completion.

**Q Is the NASM CPT a recognised certification internationally?**

A Yes, the NASM CPT is an internationally recognised certification. However, depending on each country they may have a specific government qualifications. To be sure, you should check in each country the requirements.

**Q How do I re-certify my NASM CPT certification?**

A Once you are ready to re-certify you will need to contact your course programme organiser and bring with you your copies of the relevant CEU's courses or certificates. Your programme organiser can assist you in filling out the relevant documents.

**Q Do I have to renew my certificate for NASM?**

A YES, because NASM has such a high reputation in the industry and is an industry leader, you must renew your NASM CPT certificate every two years, by doing Continuing Education Units (CEU's) programmes during that two year period prior to renewal. This keeps you up to date with changing trends in the industry.

**Q How many CEU's do I need for re-certify my NASM CPT certification?**

A You will need a total of 2.0 Continuing Education Units (CEU's) of which 0.1 being a current CPR AED certificate.

**Q *Is Adult CPR mandatory for my re-certification?***

A Yes, when you look at re-certifying your NASM CPT you will be required to have a valid CPR /AED certification. This must be taken from a recognised body such as the Red Cross or St. John Ambulance as an example.

**Q *What if I have taken courses BEFORE the completion of my NASM CPT exam, will they apply towards my re-certification?***

A All courses, workshops approved by NASM must be taken during your two year certification period. Courses/workshops taken before will not be accepted towards your NASM renewal.

**Q *Can I stockpile my CEU points during my two year certification period?***

A CEU's cannot be carried over during your certification period. During each two year period you will only require 2.0 CEU's.

**Q *What name will appear on my certificate?***

A The name on your certificate will be confirmed during the course. Our suggestion, is that you are consistent in the name and order with all certifications.

**Q *Do I need to use the name on my Passport or ID card?***

A No, the name you select does not need to be your passport or ID card name BUT we suggest that you use the same name and format on all certification so there is consistency when submitting certificates to a potential employee.

**Q *How do I gain access to my online materials?***

A Once the course is completed we will send you username and login based on the e-mail you have provided us. In some cases the online materials will only be for English taught courses.

**Q *Can I view my online information on different devices?***

A Yes, NASM now has created an online platform that can be accessed on a range of devices.

**Q *Can I start work immediately after completing the course?***

A Many people during the course are given opportunities and options for placements or companies seeking trainers. During the course we try to identify placement opportunities. We encourage those who are entering the industry to become active as quickly as possible.

**Q *What should I do after my course is there a career path?***

A There are many different fields that you can specialise in, this really depends on where your passion lies. NASM have many specialisation workshops that can be done online as well as live workshops. You just need to decide what it is you want to do.

**Q *How do I start my own business?***

A Depending on what you want to do, you may want to work within a fitness centre or start your own training business. The options are as vast as they are varied. You will need to identify which pathway is best suited for you.