



FREQUENTLY ASKED QUESTIONS (FAQs) NASM Personal Trainer Certification (NASM CPT)

Being such a comprehensive course, there are bound to be questions that you would like to ask.

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

ONLINE STUDY AND EXAMINATION INFORMATION

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

A Once the course is completed, you will be provided with a NASM username and login based on the e-mail you have given us to access your online account. In some cases, the online materials will only be for English taught courses. Your account will only be activated within 7 days of registration and full payment is received.

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

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

Q *For the NASM CPT Online Self Study content, how much additional time is required to study the materials?*

A We suggest 40-60 hours to complete the NASM CPT Online Self Study course on top of the live education. However, this will be influenced by the time and knowledge of the student. Some may require more or less time based on their schedule or their background.

Q *Is there a practical examination during the live NASM CPT course?*

A No. There is no practical examination during the course. However, there will be an online final exam, which you will be required to take within 365 days after your account has been activated.

Q *Is there a written examination during the live NASM CPT course?*

A No only a final examination that can be taken up to 365 days from the activation of your NASM account. You have 365 days to successfully complete the final NASM CPT Online Self Study exam.

Q *When should I attempt to make a booking for the final exam?*

A We suggest that you do your final exam within the first 3 months of activating your online self study course.



INTERNATIONAL

FAQ

FREQUENTLY ASKED QUESTIONS

Q Can I do my online practice exams at home?

A Yes. There is one practice examination that you can attempt as many times as you like. This will give you a guide and indication to what format of questions that will be covered during the final exam. Note, this is only an indication of the topics that you will be tested on during the final exam.

Q Where do I take my final NASM CPT exam?

A The final exam MUST be taken at a specific course provider's site.

Q How many attempts do I have for my final exam?

A You are entitled to 3 attempts on your final exam. Your 3 attempts must all be completed within the 365 day period.

Q What if I fail the exam three times?

A You will be able to purchase an extension if you should fail 3 attempts or fail to complete the examination within 12 months.

Q If I need to purchase additional exams (having failed the exam 3 times) how long do I have to take the next 3 attempts?

A You have 180 days from the activation date of the new exams to re-sit and successfully pass the exam.

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

A You will have a total of 120 minutes to complete your final examination, with 100 multiple choice 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 120 minutes for the exam.

Q What is the pass mark for the final examination?

A The passing mark for the final examination is 70% or 70/100.

Q Can I use my text book during the examination?

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

Q For the International NASM exams, what language options are available for candidates?

A In many territories/countries we have been able to provide a bilingual exam. Please check with your Course Provider.

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



A You will receive an overview of the domain questions that will be represented on the final exam.

Q ***What are the Performance Domains for the NASM CPT exam?***

A The 6 Performance Domains are:

Domain 1:	Basic and Applied Sciences and Nutrition	17%
Domain 2:	Assessments	18%
Domain 3:	Programme Design	21%
Domain 4:	Exercise Techniques and Training Instruction	22%
Domain 5:	Client relations and Behavioural Coaching	12%
Domain 6:	Professional Development and Responsibility	10%

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 3 additional attempts within 180 days to resit your examination.

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

A Yes. Once you submit your final exam questions, you will be given an immediate pass or fail notification. You will not be provided a numerical score, and you will not be able to review your answers.

Q ***When will I receive my original certificate after 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 it. Generally the process will take 30-45 days.

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

A Yes. After you successfully complete the exam, a soft copy may be printed from the NASM portal system. This will take up to 7 days to be activated after your exam.

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

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.

CERTIFICATE REGISTRATION AND RE-CERTIFICATION

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

A The NASM CPT is valid for 2 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, we recommend that you check with your residing country as they may also have stipulated criteria for personal trainers. To be sure, you should check your own country 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 Provider and bring your copies of the relevant CEUs courses or certificates. You will need to upload the relevant courses on your NASM portal.

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

A Yes. NASM has 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 (CEUs) programmes during that two year period prior to renewal. This keeps you up to date with changing trends in the industry.

Q *How many CEUs do I need to re-certify my NASM CPT certification?*

A You will need a total of 2.0 Continuing Education Units (CEUs) of which 0.1 being a current CPR/AED certificate and 1.9 NASM approved provider CEUs.

Q *Is Adult CPR / AED 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's Ambulance (as an example). You may also look to find a locally approved government agency that offers a CPR/AED course.

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

A No. 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 CEUs points during my two year certification period?*

A No. CEUs cannot be carried over during your certification period. During each two year period you will only be required to complete 2.0 CEUs.

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 certifications so there is consistency when submitting certificates to a potential employer.

EMPLOYMENT AND OTHER ISSUES

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

A Yes. 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 has 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.



INTERNATIONAL NASM EXAM Versus NCCA ACCREDITATION

Q *What is the difference between the NASM International Certification course and the NCCA accredited NASM CPT course?*

A The NCCA course is an accreditation specifically for the USA. This is a testing process that the USA requires for students to sit the NASM CPT exam.

Q *Do students need to sit the NCCA exam?*

A No. The only situation where students may consider sitting the NCCA exam is if they wish to live and work in the USA.

Q *Where can you take the NCCA exam?*

A The NCCA testing centres are available in most countries, but students should check the PSI website to find the closest testing site.

Q *Who is responsible for arranging the NCCA exam?*

A Students will be required to arrange themselves the testing date, time and location with the PSI Testing centre directly.

Q *Can the host site arrange the NCCA exam for students?*

A No. Students need to confirm their identity directly with the testing centre.

Q *How old do I have to be to sit the NASM CPT exam?*

A Although NASM does not require a candidate to be 18 years of age, when they sit the NASM certification examination, most employees require personal trainers to carry liability insurance. Most insurance companies require the insured to be at least 18 years of age.

Q *Is the testing procedures the same for NCCA and International exams.*

A No. Each have their own testing protocols and fees.



NASM CPT International versus NCCA Testing Procedures?

Questions	NASM CPT International	NCCA
How long do you have to complete the exam?	365 days	180 days
How many attempts to you have to pass the exam?	3 attempts (included)	1 attempt only
If you fail the first attempt, do you need to pay again?	No	Yes
What is the fee for each additional attempt?	No fee for 3 attempts	Each attempt USD 199
If you fail all three attempts, do I need to pay again?	Yes 180 days 3 attempts	Each attempt USD 199
Where do I sit the exam?	Host Testing Centre	PSI Testing Centre
How much time do I have to complete the exam?	120 minutes	120 minutes
How many questions on the exam?	100 multiple choice	120 multiple choice
What language is available for the exam?	Bilingual	English only
If you fail the first attempt, how long before you can re-book the second attempt?	24 hours	7 days
If you fail the second attempt, how long before you can re-book the third attempt?	24 hours	30 days
For each repeated failure after the third attempt, how long do candidates need to wait until they can re-sit the exam?	24 hours	1 year
Do I need to have a valid CPR / AED before I purchase the NASM CPT course?	No	No
Do I need to have a valid CPR / AED before I sit the NASM exam?	No	Yes
How many Continuing Education Credits do candidates need to re-new their certification?	2.0	2.0