



Certified Personal Trainer (NASM-CPT)

National Standard Setting Study – Executive Summary

The Certified Personal Trainer (CPT) examination is designed to evaluate the knowledge and skills associated with the performance of tasks required for entry-level practice as a personal trainer. A criterion-referenced cut score was set to establish the minimum level of competency for the CPT examination. A modified version of the standard setting method presented by Angoff (1971) was used to establish the cut score for this assessment. The cut score was established by a panel of subject matter experts who evaluated whether a minimally competent candidate would correctly respond to each item on the examination, and rating those items accordingly. This study yielded a raw cut score that was transformed to a scaled score of 70 on a reporting scale that ranges from 0 to 100. The expected pass rate for the initial sample of candidates at this cut score was 64.3%.