

## FACT SHEET

### Background

NASM revised the Certified Personal Trainer (CPT) program by enhancing & updating the *NASM Essentials of Personal Fitness Training* course materials. These changes reflect a commitment in providing students with the latest research, enhanced graphics, updated information, and easy-to-use terminology.

**Release date for the new NASM CPT course: 12/1/2011**

### CPT Certification Course Changes

The NASM CPT Course materials have been updated to reflect the following updates and changes:

- New & updated chapters
  - Exercise Metabolism
  - Bioenergetics & Introduction to Exercise Modalities
  - Additional updated chapters
- Research updates
- Updated glossary of terms
- Updated photos, graphics, and illustrations
- Pedagogic features
- Exercise guidelines & references
- New & updated chapter review questions
- Comprehensive study guide
- New & updated online elements
  - Interactive drills
  - Exercise library
  - Three case studies
  - eBook

### The CPT Exam

Candidates enrolled ON or AFTER 12/1/2011:

- CPT – *NASM Essentials of Personal Fitness Training* launches 12/1/2011.
- All candidates enrolled on or after this date will take the CPT exam reflecting the new content.
- NASM will NOT offer a pre-order of the new course materials.
- NASM will offer a close out sale of the old course materials.

Candidates enrolled in the NASM CPT BEFORE 12/1/2011:

- Students will have the ability to upgrade to the new course material and exam for \$299, plus exam extension fees (if applicable).
- NASM will honor our return policy for those who would like to upgrade to the new material.
- NO REFUNDS or retroactive reimbursements with upgrades.

## Pricing

The CPT – *NASM Essentials of Personal Fitness Training* is offered in the following packages or individual products:

- CPT Pro | \$699; includes 4<sup>th</sup> edition textbook, certification & online practice exam, online course content & presentations, and HFPN Resource pro Membership
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- CPT Premier | \$799; includes 4<sup>th</sup> edition textbook, certification & online practice exam, online course content & presentations, HFPN Resource pro Membership, **PLUS** Live Workshop
- Certification Exam & Online Practice Exam | \$599
- *NASM Essentials of Personal Fitness Training* 4<sup>th</sup> Edition Textbook | \$72.95
- *NASM Essentials of Personal Fitness* - Online Course Content | \$99
- NASM Live Workshop | \$299

Corporate discount WILL be honored for the CPT - *NASM Essentials of Personal Fitness Training* course.