

FREQUENTLY ASKED QUESTIONS (FAQs)

Why the change in course materials?

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.

Is my certification still valid as a Certified Personal Trainer even though the course materials and test have changed since I've taken the course?

Recertification requirements and standing as a CPT remains the same. Example: If you have completed 1.0 CEUs to date and your certification expires in 2 months, those remain intact and the launch of the new version of CPT will not have any effect on your current standing.

What is new about the Certified Personal Trainer (CPT) Certification - *NASM Essentials of Personal Fitness Training*?

Some of the changes in the course materials are:

- The 4th edition course textbook including:
 - Two new chapters including
 - 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
 - Chapter review questions
- Updated & new online elements
 - Interactive drills
 - Exercise library
 - Three case studies
 - eBook

Am I able to upgrade to the new CPT – *NASM Essentials of Personal Fitness Training*?

Yes, students are able to purchase the new CPT – *NASM Essentials of Personal Fitness Training* materials and exam for an additional fee & extension fee if applicable. Education Advisors are available by phone from 7 am – 5 pm (PST) at 1.800.460.NASM, ext 5501.

Will the narrated presentations work on my iPad?

The iPad platform currently does not support Flash. If you have any issues with any other NASM online tools and resources, log on to www.NASM.org/support or call 1.800.460.NASM during the hours of 6 am - 6 pm (AZ time).

How many times am I able to take my practice exam?



TRAIN SMART
ACHIEVE MORE



You will have unlimited attempts.

Where do I go for more information?

Log on to www.NASM.org/CPT or you can speak to an NASM Education Advisor, 6 am – 6 pm (AZ time) at 1.800.460.NASM, ext 5501.