

## 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 4<sup>th</sup> 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](http://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](http://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.