



Certified Personal Trainer (NASM-CPT)

2021 National Standard Setting Study – Executive Summary

The Certified Personal Trainer (CPT) examination is designed to evaluate the tasks and knowledge associated with the performance of domains 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 panel of 10 subject matter experts evaluated whether a minimally competent candidate would correctly respond to each item on the examination and rated those items accordingly. This panel recommended to set the cut score at a raw score of 60 after two rounds of ratings and discussions. On July 9th, 2021, the Board met to evaluate and approve a raw score cut point of 63 based on the Board’s judgment, knowledge of CPT, expertise and understanding of the market. According to Standards for Educational and Psychological Testing (2014), “the final decision about the cut scores is a policy decision typically made by a policy body.” For reporting purposes, the logit of that raw score point was transformed to a scaled score of 70 on the reporting scale that ranges from 0 to 100. The projected pass rate based upon an initial sample of candidates at this cut score was about 71%.