NASM-CPT APPROVED REFERENCES

PRIMARY REFERENCES:

1. NASM Essentials of Personal Fitness Training, 7th Edition
2. WHO guidelines on physical activity and sedentary behaviour: https://www.who.int/publications-detail-redirect/9789240015128
3. Dietary Guidelines for Americans: https://www.dietaryguidelines.gov/

SECONDARY REFERENCES:

1. NASM Essentials of Personal Fitness Training, 6th Edition
2. ACSM’s Guidelines for Exercise Testing and Prescription, 9th, 9781609136055
3. ACSM's Resource for Personal Trainers, 5th Edition