



# Certified Personal Trainer Exam Preparation Course

## Course Outline and Objectives

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# NASN Personal Trainer Course Outline

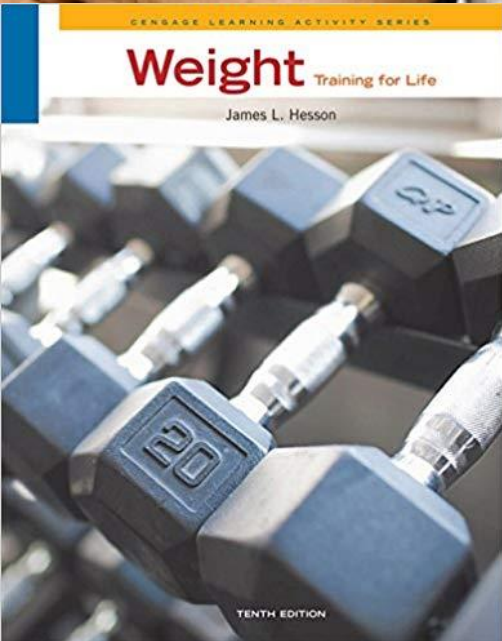
In order to become certified as an NASN Personal Trainer, you must successfully complete three specialty certifications:

**Resistance Training**  
**Fitness Evaluation**  
**Health Advocate**

The specialty certifications may be taken individually or as a group. NASN Personal Trainer Certification will be automatically awarded when all three are completed. No separate exam is necessary.



# Resistance Training Course Requirements



1. **CPR Certification:** If you are not currently certified, search the internet locally for First Aide Instruction for a course convenient for you, or call the American Heart Association.
2. Study the Resistance Training Slides and associated video lessons Reference the textbooks “Resistance Training for Life” and “15 Minutes to Fitness”. Full Copies can be purchased at [amazon.com](https://www.amazon.com)
3. Complete the study workbook, using the video lessons and “Resistance Training for Life” and “15 Minutes to Fitness” textbooks.
4. Attend a course seminar weekend or complete the Practical Application assignment. You will need a smart phone or video recording device, notebook or paper and a volunteer student or client.

# Resistance Training Course Objectives



## Course Description:

Trainers and instructors will learn basic anatomy and biomechanics, and how to apply that knowledge to specific muscle groups through the study of joint action. Learn how to maximize results while minimizing injury risk through progressive overload and the avoidance of contraindicated exercises.

## Behavioral Objectives:

Upon completion of the course, students will:

- Understand Metabolic training, S.Ma.R.T. training and exercise that supports a ketogenic diet.
- Understand the importance of Resistance Training for people from all walks of life.
- Identify common questions, myths and misconceptions regarding Resistance Training.
- Understand muscle structure and function.
- Identify the major muscle groups in the body.
- Identify movements by proper movement terminology: flexion, extension, abduction, and adduction, etc.
- Identify the prime mover in used in various movements.
- Define the importance of a proper warm up, stretching techniques and flexibility.
- Understand and explain the principles of safe and effective Resistance Training.



# Resistance Training Course Objectives

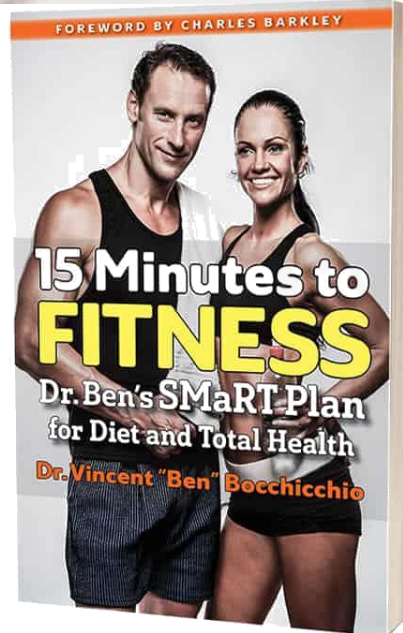
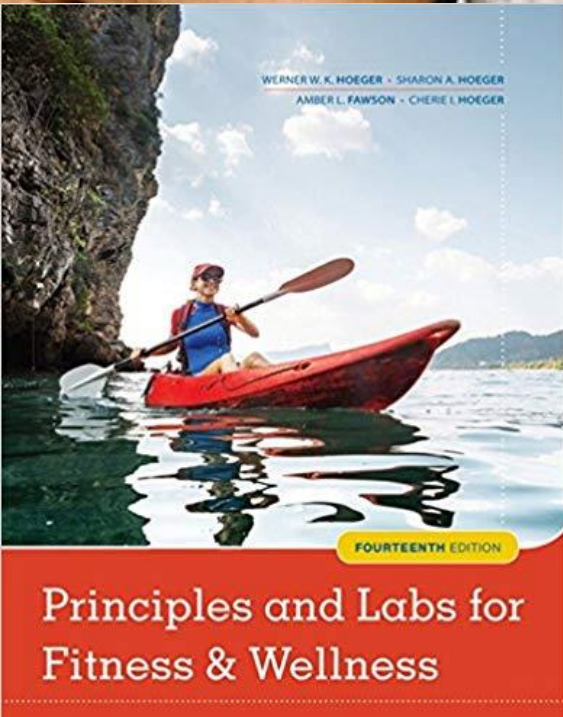


- Describe the appropriate exercise prescription for a beginning Resistance Training program.
- Identify safe and effective chest exercises.
- Identify safe and effective back exercises.
- Identify safe and effective shoulder exercises.
- Identify safe and effective arm exercises.
- Identify safe and effective leg exercises.
- Identify safe and effective abdominal and back extension exercises.
- Understand the principles of proper nutrition, rest and drugs.
- Define the formula of a successful program.
- Understand the importance and procedures for accurate record keeping and charting progress.
- Be able to design Resistance Training programs for various segments of the population.
- Differentiate between beginner programs and advanced training methods.





# Fitness Evaluation Course Requirements



1. **CPR Certification:** If you are not currently certified, search the internet locally for First Aid Instruction for a course convenient for you, or call the American Heart Association.
2. Study the Fitness Evaluation Slides and associated video lessons Reference the textbooks “Principles and Labs for Fitness & Wellness” and “15 Minutes to Fitness”. Full Copies can be purchased at [amazon.com](https://www.amazon.com)
3. Complete the study workbook, using the “Principles and Labs for Fitness & Wellness” and “15 Minutes to Fitness” textbooks.
4. Attend a course seminar weekend or complete the Practical Application assignment. You will need a smart phone or video recording device, notebook or paper and a volunteer student or client.

# Fitness Evaluation Course Objectives



## Course Description:

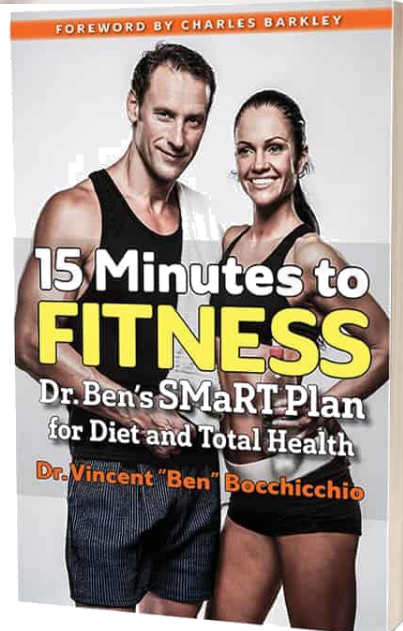
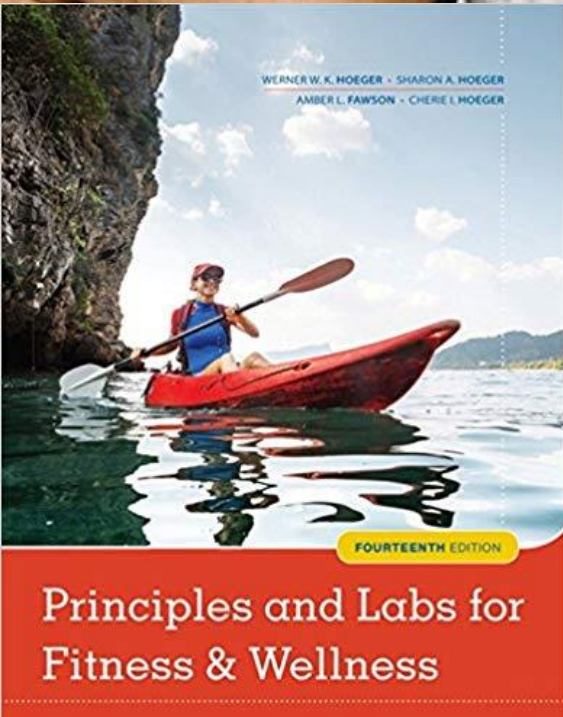
Learn easy to administer field tests for cardiovascular endurance and recovery, muscular strength and endurance, flexibility, blood pressure and body composition. Learn to use the test results for individual program development and goal setting.

## Objectives:

### Body Composition Assessment Objectives

Upon completion of the course, students will:

- Define body composition and its relationship to its recommended body weight assessment.
- Learn the difference between essential fat and storage fat.
- Understand the methodology used to assess body composition according to the hydrostatic weighing, skin fold thickness, and girth measurement.





# Fitness Evaluation Course Objectives

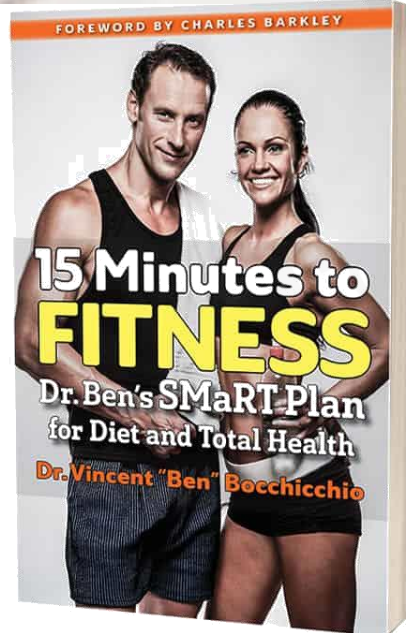
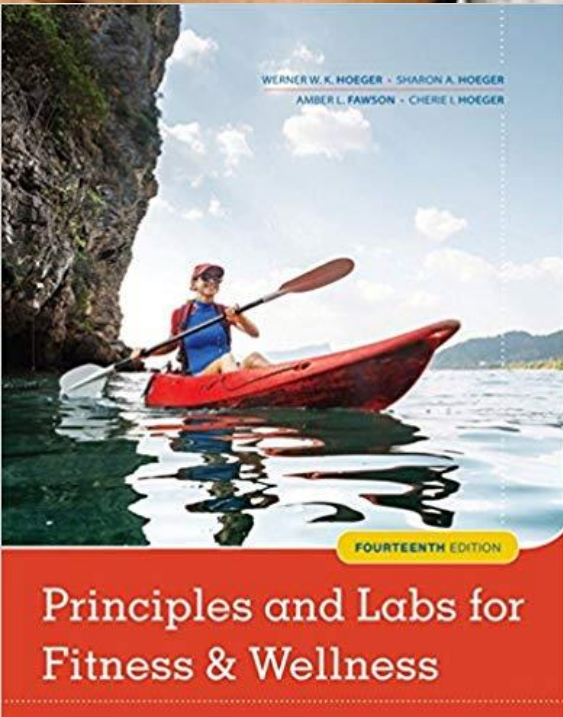


- Understand the importance of waist-to-hip ratio and body mass index.
- Be able to determine recommended weight according to recommended percent body fat values.

## Cardio Respiratory Endurance Assessment Objectives

Upon completion of the course, students will:

- Understand the importance of adequate cardio respiratory endurance in maintaining good health and well-being.
- Define cardio respiratory endurance and the benefits of cardio respiratory endurance training.
- Define aerobic and anaerobic exercise.
- Be able to assess cardio respiratory fitness through different test protocols.
- Learn to interpret cardio respiratory endurance assessment test results according to health fitness and physical fitness standards.





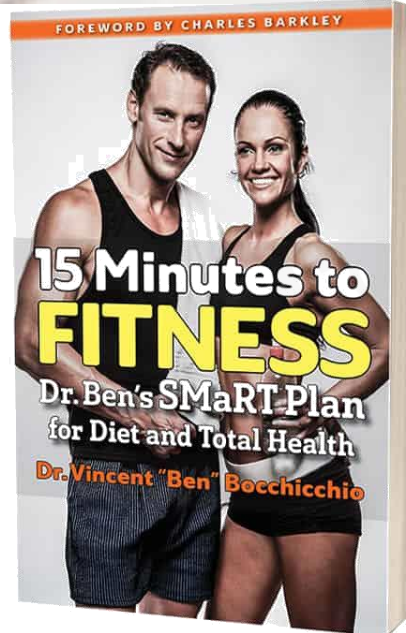
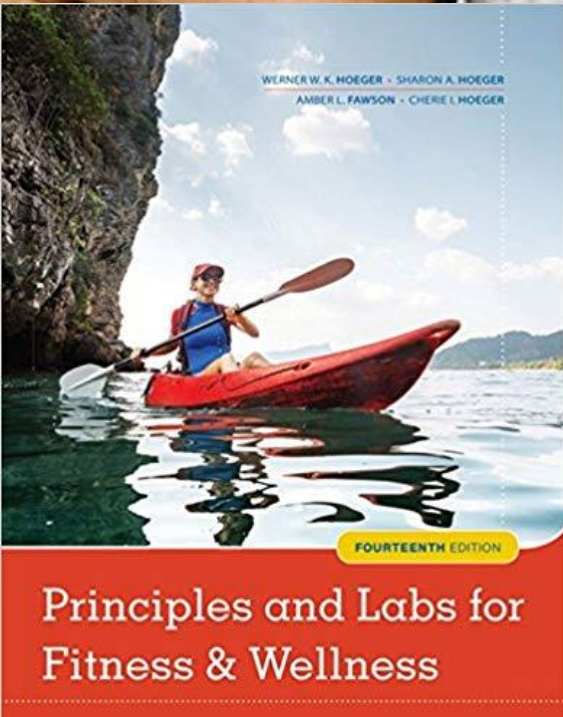
# Fitness Evaluation Course Objectives



## Principles of Cardio Respiratory Exercise Prescription Objectives

Upon completion of the course, students will:

- Determine readiness to start an exercise program.
- Learn the principles that govern cardio respiratory exercise prescription: intensity, mode, duration, and frequency.
- Clarify misconceptions related to cardio respiratory endurance training.
- Learn the concepts for preventing and treating injuries.
- Learn basic skills to enhance adherence to exercise.
- Learn to predict oxygen uptake and caloric expenditure from exercise heart rate.



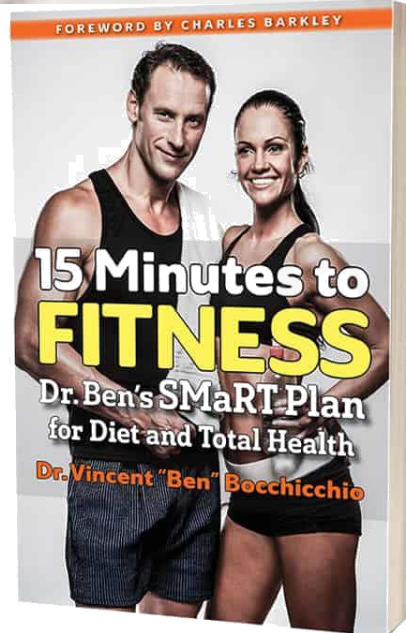
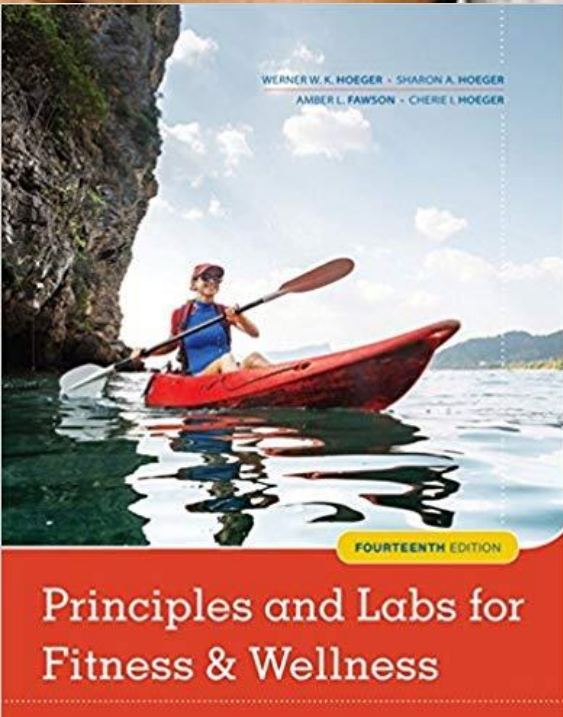
# Fitness Evaluation Course Objectives



## Principles of Strength and Endurance Assessment Objectives

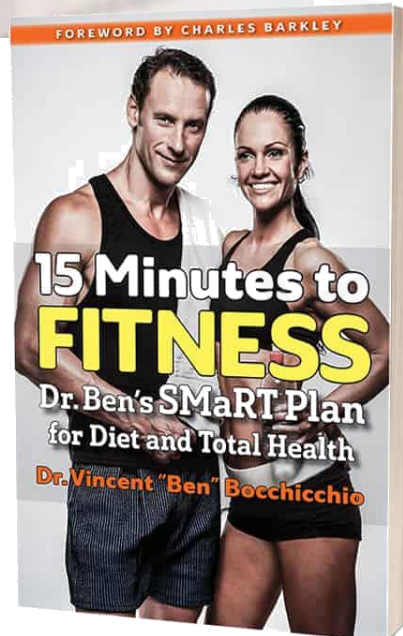
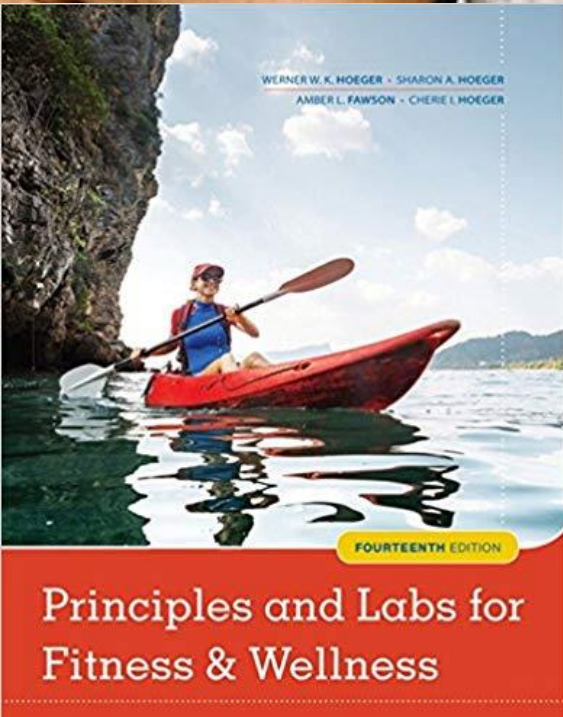
Upon completion of the course, students will:

- Understand the importance of adequate strength levels in maintaining good health and well-being.
- Clarify misconceptions about women who engage in strength-training programs.
- Define muscular strength and muscular endurance.
- Be able to assess muscular strength and endurance through two different strength testing protocols.
- Learn to interpret strength-testing results according to health fitness and physical fitness standards.





# Fitness Evaluation Course Objectives

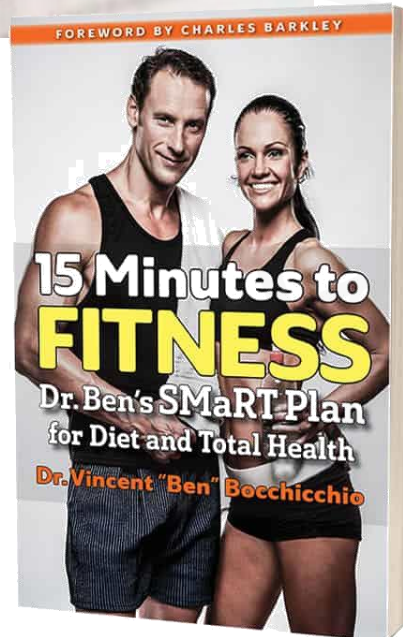
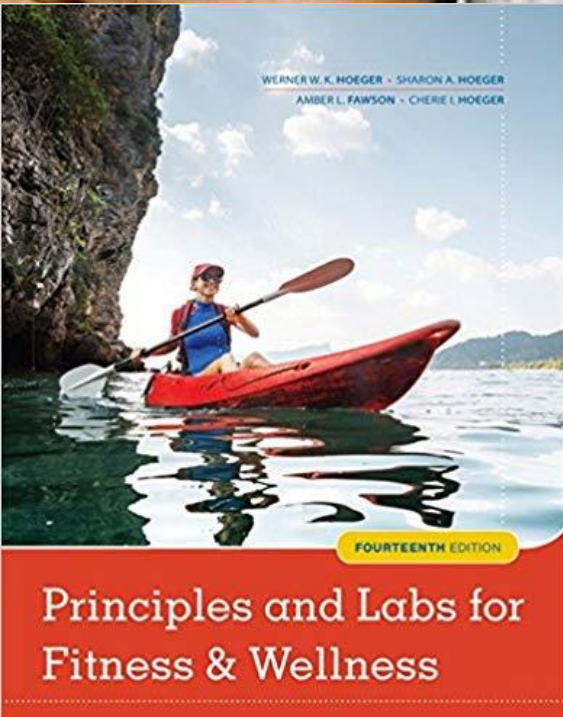


## Principles of Strength Training Objectives

Upon completion of the course, students will:

- Identify the factors that affect strength.
- Name the different types of muscle fibers.
- Understand the overload principle for strength development.
- Recognize the variables that govern development of muscular strength and muscular endurance (mode, resistance, sets, frequency).
- Become acquainted with three distinct strength-training programs.

# Fitness Evaluation Course Objectives



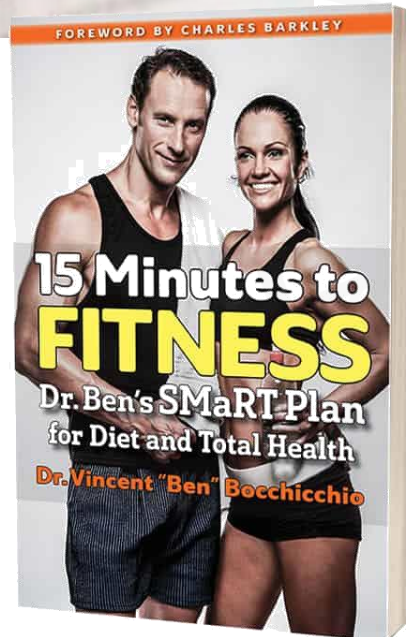
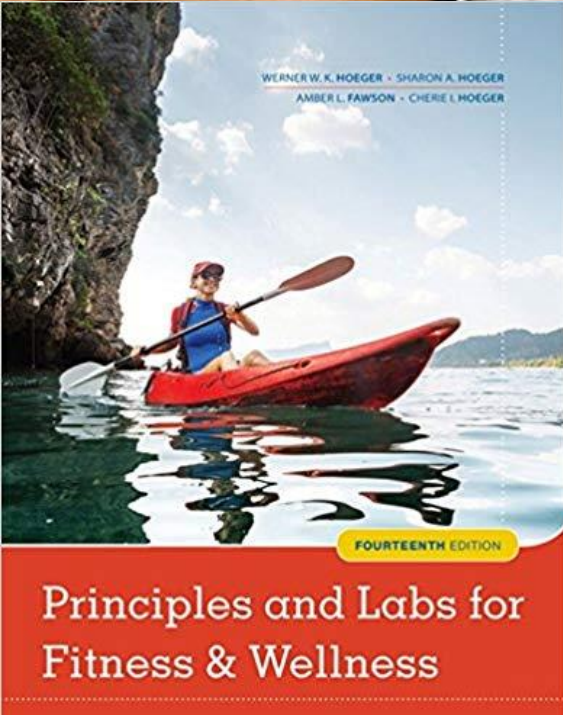
## Muscular Flexibility Assessment Objectives

Upon completion of the course, students will:

- Understand the importance of muscular flexibility to adequate fitness and preventative health care.
- Identify the factors that affect muscular flexibility.
- Introduce a battery of muscular flexibility tests to assess overall body flexibility.
- Learn to interpret flexibility test results according to health fitness and physical fitness standards.
- Learn to evaluate body posture.



# Fitness Evaluation Course Objectives



## Principles of Muscular Flexibility Prescription Objectives

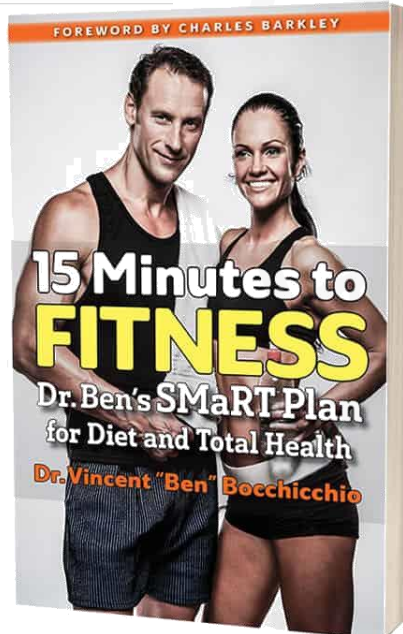
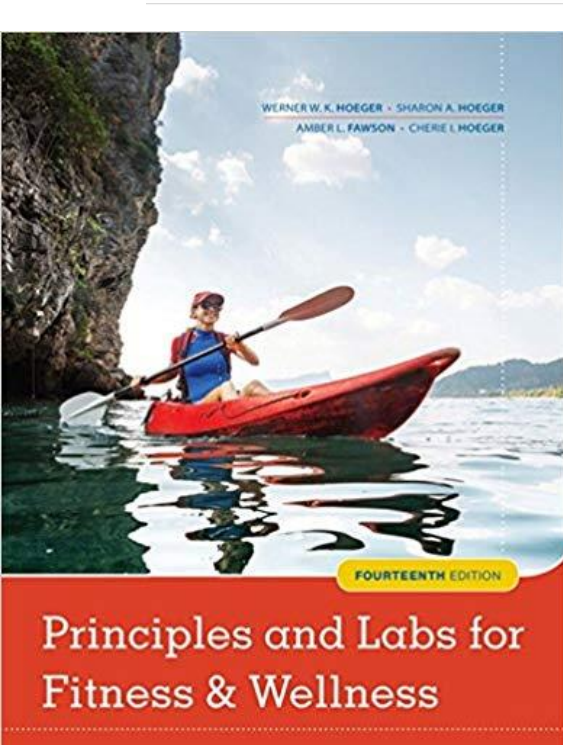
Upon completion of the course, students will:

- Define ballistic stretching, slow-sustained stretching, and proprioceptive neuromuscular facilitation stretching.
- Understand the factors that contribute to the development of the muscular flexibility.
- Learn a complete set of exercises for an overall body flexibility development program.
- Be introduced to a program for preventing and rehabilitating of low back pain.
- Learn the benefits of good skill related fitness.
- Identify and define the six components of skill related fitness.
- Become familiar with performance tests to assess skill related fitness.

# Health Advocate Course Requirements

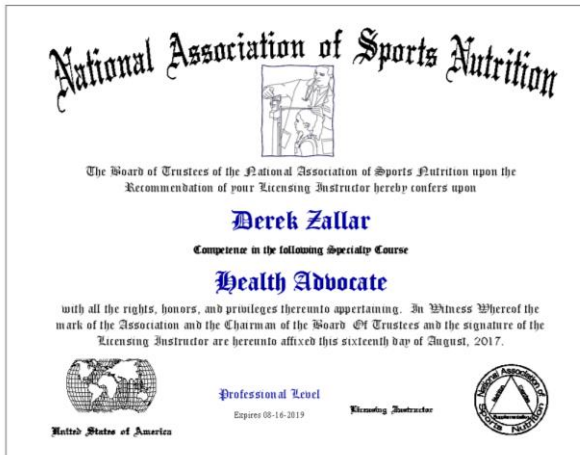


1. Provide proof of CPR. If not currently CPR certified, look in your yellow pages under First Aid Instruction for a convenient course, or call the American Heart Association.
2. Complete the study workbook, using the Video Lessons Textbook.
3. Complete the Communication Assignments.
4. Create a video of yourself interviewing a new client. Use the "Clearance for Exercise Participation," found in the back on this book. After reviewing that form with your client, help him/her set two fitness goals. During the interview you will be scored on the following behaviors:
  - Nonverbal Communication
  - Active Listening
  - Goal Setting



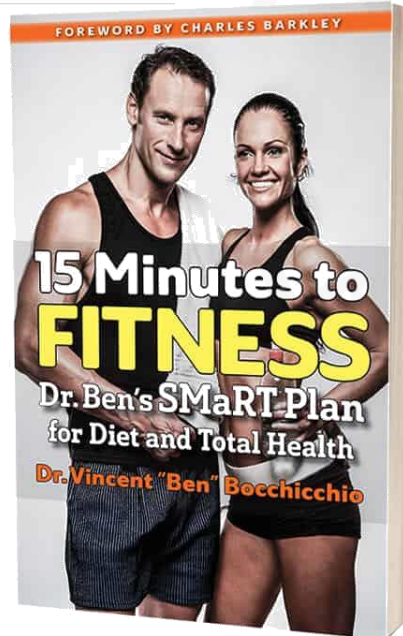
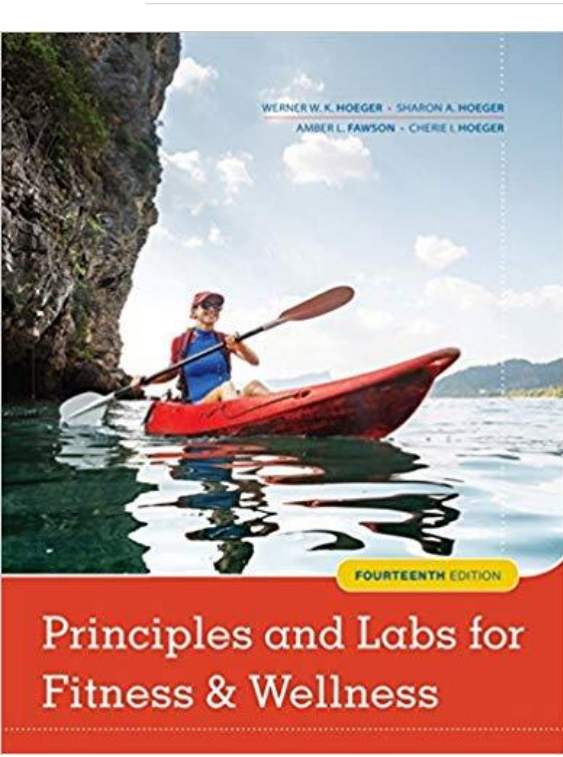


# Health Advocate Course Objectives

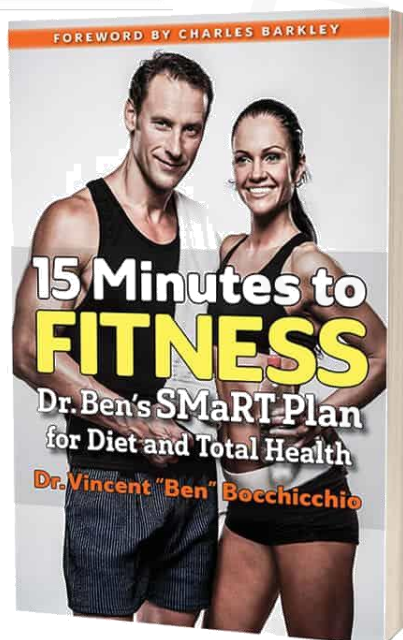
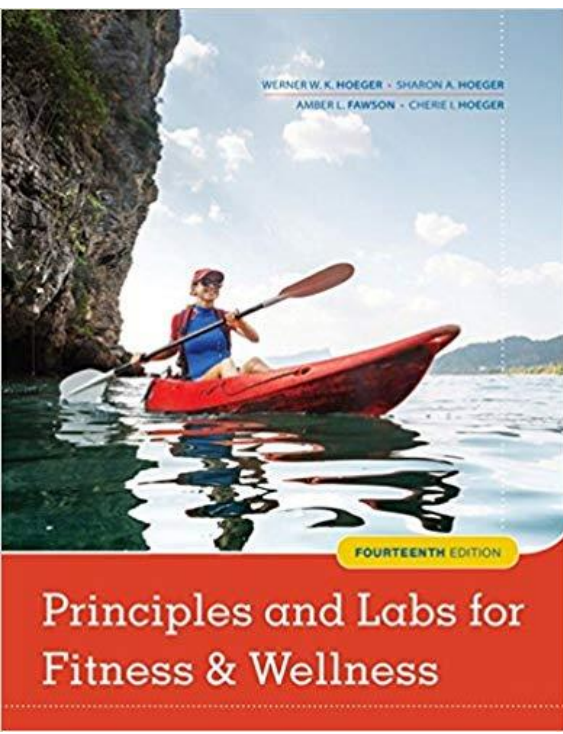
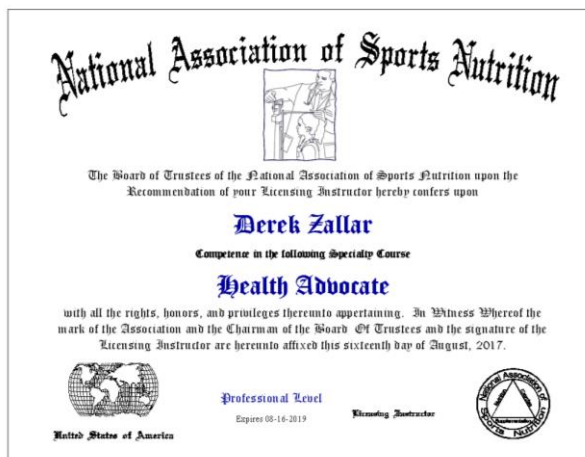


## Course Description:

Essential for anyone involved in fitness; this course covers health benefits of fitness disease prevention, components of fitness, diet and nutrition, motivational techniques, weight management, behavior modification and stress management, addictive behaviors and other related health subjects a NASN health Advocate and Personal Trainer is expected to be familiar with.



# Health Advocate Course Objectives



## Objectives:

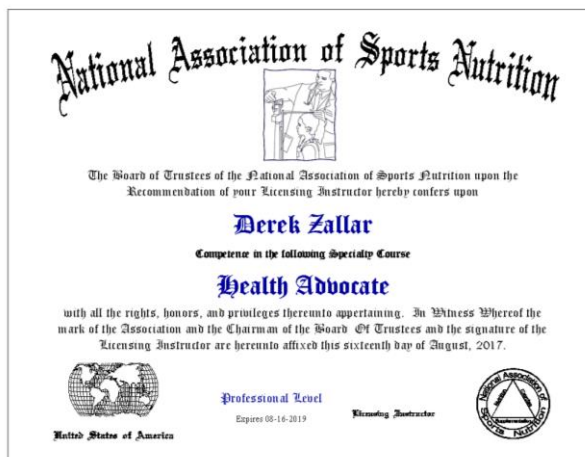
### PHYSICAL FITNESS AND WELLNESS OBJECTIVES

Upon completion of the course, students will be able to:

- Define wellness and list components of wellness.
- Define physical fitness, and list the components of health-related and skill-related fitness.
- Learn the differences between physical fitness and wellness.
- Become familiar with health-fitness standards.
- Identify the major health problems in North America.
- Understand the benefits and the significance of participating in a lifetime fitness and wellness program.
- Learn motivation and behavior modification techniques to enhance compliance with a fitness and wellness program.
- Identify risk factors that may interfere with safe participation in exercise.



# Health Advocate Course Objectives

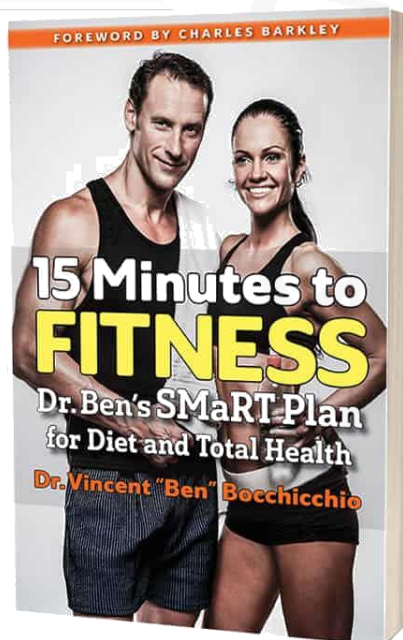
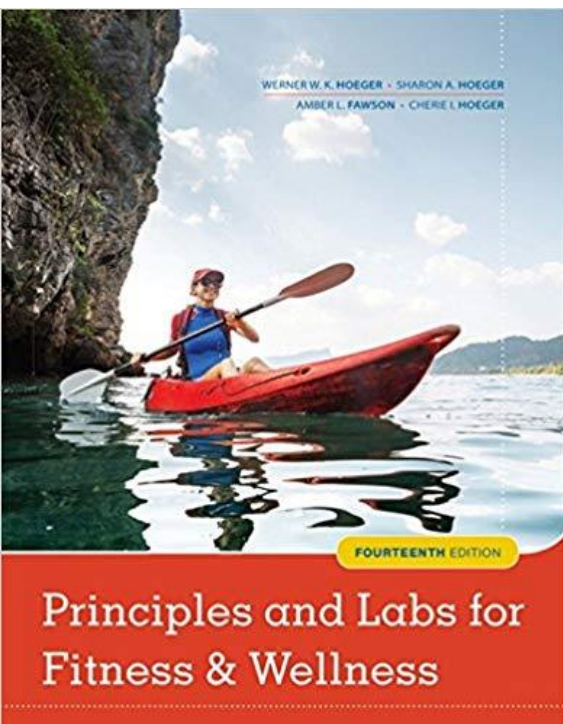


## Objectives:

### NUTRITION FOR WELLNESS OBJECTIVES

Upon completion of the course, students will be able to:

- Define nutrition and describe its relationship to health and well-being.
- Describe the functions of carbohydrates in the human body and be able to differentiate simple from complex carbohydrates.
- Describe the role and health benefits of adequate fiber in the diet.
- Describe the role of fats in the human body and be able to differentiate and characterize saturated, monounsaturated, and polyunsaturated fats.
- Describe the functions of proteins in the human body.
- Describe the role of vitamins and minerals in the human body.
- Become familiar with five food groups and learn how to use them to achieve a balanced diet.
- Understand the role of antioxidants in preventing disease.
- Learn recommended guidelines for nutrient supplementation.
- Become familiar with the National Dietary Guidelines for Americans.
- Identify myths and fallacies regarding nutrition.



# Health Advocate Course Objectives



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