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[Become an NSCA-Certified Personal Trainer \(NSCA-CPT \)](#)

NSCA-Certified Personal Trainers (NSCA-CPT) are health/fitness professionals who, using an individualized approach, assess, motivate, educate and train clients regarding their personal health and fitness needs.

[NSCA-CPT Exam Study Materials](#)

The NSCA-CPT examination is based upon the critical knowledge, skills, and abilities (KSA's) needed to safely and effectively work as a personal trainer.

[NSCA CPT - ProProfs Quiz](#)

Practice Quiz for NSCA-CPT certification test. Real Test Layout:Client Consultation/ Assessment - 28 qProgram Planning - 49 q Exercise Techniques - 49 qSafety, Emergency, and Legal Issues - 14 q

[NSCA-CPT Practice Exam Questions - Tests.com](#)

[NSCA-CPT Practice Exam](#) Take this free NSCA Certified Personal Trainer practice exam to get an idea of the type of questions that appear on the actual certification exam. The NSCA Certified Personal Trainer exam is comprised of 155 multiple-choice questions based on four subject areas. [NSCA - YouTube](#)

Robert Linkal, MS, CSCS,®D, NSCA-CPT, speaks at the NSCA's 2013 National Conference on developing a career as a Certified Personal Trainer. For more info about strength and conditioning, visit [ht](#)

[NSCA CPT | Pocket Prep](#)

[NSCA CPT Exam Guide](#). The NSCA-CPT exam is a 3-hour examination that consists of 140 scored and 15 non-scored multiple-choice items. There are 25-35 video and/or image items that assess competencies in exercise techniques, functional anatomy, and testing procedures.

[National Strength and Conditioning Association \(NSCA\)](#)

One of the greatest benefits of joining NSCA's community of strength and conditioning professionals is access to a growing network of top strength coaches, personal trainers and others who share your passion for evidence-based best practices.

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