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NFPT-CPT Scope of Practice A personal trainer is a fitness professional who possess the knowledge, skills and abilities for safe and effective exercise, fitness program design, instruction and assistance for the purpose of reaching personal health and fitness goals.

NFPT Personal trainer certification handbook

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National Federation of Professional Trainers
to the NFPT Certified Personal Trainer manual (NFPT Study & Reference. Manual: The Fundamentals) and has assisted NFPT with the creation of various courses to include advanced trainer workshops. Charles has also written continuing education courses approved by the American. Council on Exercise (ACE) and...

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Steps to Studying Success. I was given access to NFPT ' s online portal and set up a username and password. Upon entering... Application and Implementation. NFPT put me in touch with their live-workshop partners, Global Fitness Educators. I... Taking the Test. The test consisted of the same exam ...

How to Study for Your Personal Trainer Certification Exam

The study guide and manual aren't the best organized material I have ever seen, and I wouldn't rely just on the study guide questions if you are serious about the passing the test. Second, This is just general study advice really, but it would serve you well to understand -- conceptually -- the material in the book.

NFPT Exam Study Tips - Starting-A-Personal-Training-Business

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There is the Standard Package, the Premier Package, and the Exam-Only option. The standard package includes the “ bare bones ” essentials for test prep (i.e. the personal trainer manual and study guide).

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