

Personal trainers are fitness professionals who promote health. They accomplish this by developing and implementing exercise programs designed to safely and effectively meet the unique goals of the clients they serve. This practice takes place in the context of their unwavering commitment to client safety and service and their adherence to the highest principles of ethical behavior.

(20%) Domain I – Initial Client Intake and Assessment

- (2%) Task 1 Interview client/administer questionnaire(s) to obtain a health and exercise/activity history.

The successful performance of this task requires knowledge of:

- K-1 Elements of a health history
- K-2 Elements of an exercise/activity history and current activity level
- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-5 Risk factors
- K-21 Elements of an informed Consent

- (2%) Task 2 Interview client/administer questionnaire(s) to obtain information about current state of health, lifestyle, and exercise/activity level.

The successful performance of this task requires knowledge of:

- K-1 Elements of a health history
- K-2 Elements of an exercise/activity history and current activity level
- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-5 Risk factors
- K-21 Elements of an informed Consent

- (10%) Task 3 Take physical measurements\* of client to gather objective data about current health, risk factors, and baselines for measuring future progress.

The successful performance of this task requires knowledge of:

- K-5 Risk factors
- K-6 Fitness-related physical measurements and the procedures for obtaining them and appropriate measurement tools
- K-7 Normal ranges of physical measurements
- K-8 Test/measurement-specific contraindications and precautions  
\* (e.g. vital signs, anthropometrics, body composition, range of motion, strength, and cardiovascular endurance)
- K-24 Static and dynamic postural assessment and corrective exercises

- (4%) Task 4 Review assessment results and establish client goals.

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-11 Principles of behavior change, and motivational styles and factors

- (2%) Task 5 Consult with and/or refer client to appropriate health care professional(s) to obtain additional health information, pre-participation and medical clearance.

The successful performance of this task requires knowledge of:

- K-1 Elements of a health history
- K-2 Elements of an exercise/activity history and current activity level
- K-5 Risk factors
- K-7 Normal ranges of physical measurements
- K-9 ACSM Recommendations for Medical Examination and Exercise Testing
- K-26 Legal considerations, risk management and scope of practice

(35%) Domain II - Program Design

- (3%) Task 1 Integrate assessment and intake information to define, set, and clarify safe and realistic client goals.

The successful performance of this task requires knowledge of:

- K-5 Risk factors
- K-7 Normal ranges of physical measurements
- K-11 Principle of behavior change and motivational styles and factors
- K-24 Static and dynamic postural assessment and corrective exercises
- K-25 Goal setting strategies

- (29%) Task 2 Select exercise program duration, activities, times, intensities, and frequencies based on client health, activity level, interim and long-term goals, and motivation.

The successful performance of this task requires knowledge of:

- K-1 Elements of a health history
- K-2 Elements of an exercise/activity history and current activity level
- K-5 Risk factors
- K-7 Normal ranges of physical measurements
- K-10 Exercise-related anatomy, kinesiology and physiology
- K-11 Principles of behavior change, motivational styles and factors
- K-12 Training principles and ACSM guidelines for exercise prescription and their application
- K-13 Activity/exercise-specific benefits, indications, contraindications, risks, and precautions
- K-14 Guidelines, contraindications, and precautions for special populations (e.g. pre and post-natal, adolescents, older adults, orthopedic considerations and clients with chronic medical considerations)
- K-24 Static and dynamic assessment and corrective exercises
- K-27 Basic nutrition principles, dietary guidelines and USDA Food Guidance System ([mypyramid.gov](http://mypyramid.gov))

- (3%) Task 3 Present the exercise program to client to gauge acceptance and identify barriers to meeting goals.

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-4 Active Listening Skills
- K-11 Principles of behavior change, and motivational styles and factors

(30%) Domain III - Program Implementation

- (20%) Task 1 Provide instruction to maximize program benefits and effectiveness, and minimize health and safety risks.

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-10 Exercise-related anatomy, kinesiology and physiology
- K-12 Training principles and ACSM guidelines for exercise prescription and their application
- K-13 Activity/exercise-specific benefits, indications, contraindications, risks, and precautions
- K-14 Guidelines, contraindications, and precautions for special populations (e.g. pre and post-natal, adolescents, older adults, orthopedic considerations and clients with chronic medical considerations)
- K-15 Common exercise-related injuries
- K-16 Teaching techniques/learning styles
- K-17 Biomechanics and kinesiology
- K-24 Static and dynamic postural assessment and corrective exercises
- K-27 Basic nutrition principles, dietary guidelines and USDA Food Guidance System ([mypyramid.gov](http://mypyramid.gov))

- (5%) Task 2 Observe and evaluate client performance to assess learning and determine need for modification of types, intensities, frequencies, and/or times of activities.

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-12 Training principles and ACSM guidelines for exercise prescription and their application
- K-13 Activity/exercise-specific benefits, indications, contraindications, risks, and precautions
- K-15 Common exercise-related injuries
- K-16 Teaching techniques and learning styles
- K-17 Biomechanics and kinesiology
- K-18 Exercise techniques

- (5%) Task 3 Evaluate on-going client progress toward goals by observing performance, mood, self efficacy, etc. to determine if program adjustments are required

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-11 Principles of behavior change, and motivational styles and factors
- K-16 Teaching techniques/learning styles

(10%) Domain IV - Reassessment

- (6%) Task 1 Assess client's long-term progress toward goals by taking physical measurements and assessing continuing motivation and program acceptance.

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-5 Risk factors
- K-6 Fitness-related physical measurements and the procedures for obtaining them and appropriate measurement tools
- K-7 Normal ranges of physical measurements
- K-8 Test/measurement-specific contraindications and precautions
- K-11 Principles of behavior change, and motivational styles and factors
- K-15 Common exercise related injuries
- K-19 Overtraining syndrome

- (2%) Task 2 Determine if goals have changed and re-define, set, clarify and expand as appropriate.

The successful performance of this task requires knowledge of:

- K-3 Communication and coaching styles
- K-4 Active listening skills
- K-5 Risk factors
- K-7 Normal ranges of physical measurements
- K-11 Principles of behavior change, and motivational styles and factors
- K-25 Goal setting strategies

- (2%) Task 3 Integrate evaluation data to update the program to safely and effectively meet new and/or revised goals.

The successful performance of this task requires knowledge of:

- K-1 Elements of a health history
- K-2 Elements of an exercise/activity history
- K-5 Risk factors
- K-7 Normal ranges of physical measurements
- K-10 Exercise-related anatomy, kinesiology and physiology
- K-13 Activity/exercise-specific benefits, indications, contraindications, risks, and precautions
- K-14 Guidelines, contraindications, and precautions for special populations (e.g. pre and post-natal, adolescents, older adults)

K-25 Goal setting strategies  
 K-27 Basic nutrition principles, dietary guidelines and USDA Food Guidance System (mypyramid.gov)

(5%) Domain V - Ethics and Professional Issues

- (2%) Task 1 The work of the personal trainer is performed in a manner consistent with the NETA code of Ethics.  
 The successful performance of this task requires knowledge of:  
 K-20 NETA Code of Ethics  
 K-26 Legal considerations, risk management and scope of practice
- (1%) Task 2 Personal trainers ensure that clients are fully informed of program benefits and risks and that they understand that they may cease participation at any time.  
 The successful performance of this task requires knowledge of:  
 K-13 Activity/exercise-specific benefits, indications, contraindications, risks, and precautions  
 K-21 Elements of an Informed Consent  
 K-26 Legal considerations, risk management and scope of practice
- (1%) Task 3 Personal trainers maintain a safe environment for clients.  
 The successful performance of this task requires knowledge of:  
 K-22 ACSM Facilities Guidelines, Standards and Guidelines
- (1%) Task 4 Personal trainers maintain accurate and comprehensive client records.  
 The successful performance of this task requires knowledge of:  
 K-23 Documentation guidelines  
 K-26 Legal considerations, risk management and scope of practice  
 K-28 Components and guidelines of progress (SOAP) notes