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NSCA-Certified Personal Trainer® (NSCA-CPT®) Exam Description

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NSCA-CPT exam: honest review + studying tips As a newly certified personal trainer by the National Strength and Conditioning Association (NSCA) , I want to tell you my honest opinion about this certification and its exam, and some tips to study for it, especially if you —like me— come from an unrelated educational background.

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The NSCA CPT exam also comes with some video and image-based competency assessments. There are

between 25 to 35 of these. The non-scored questions are there in order to pretest their viability in future iterations of the exam. You won't be able to tell which of the questions are scored or non-scored, so you should answer every question.

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