

The 5 secrets (+ 1 Bonus!) for passing the NSCA Exam

1. The first major advice is to study the muscle groups and their functions in total. Make sure that you are able to specifically point out all of the major muscle groups in the body and you know how those groups perform from anatomical position and their varying functions. This test is known to intensive in this area, so the more you know regarding this, the better. It is also one of the most beneficial things to know for your clients, hence why they emphasize this.
2. Know how you will design programs as an NSCA certified trainer. Make sure to have a good understanding of the variable for training, and how we as trainers can apply this understanding to the many types of training goals that we see. (this includes frequency, intensity, time, type and we would apply this to each of the styles of training based on what your client would like to focus one. For example, hypertrophy is one of these strength goals, and we would apply these variables to our program made for the client. Make sure to memorize these variables for the many populations that you may train, as the general population is not the only option for us to train and you will often need to consider these other special populations that you learn throughout the book.
3. Know how you can get the various health assessments for your clients, including things such as blood pressure, BMI, cholesterol, triglycerides, and heart rate. But more than just knowing how to obtain this information, make sure you are able to classify people accordingly. This is vastly important for this exam certification and will simply show up many times throughout the test, so you should make sure to have studied this well.
4. Know the make-up of muscles and the biomechanics within the body. The actual biology and functioning of the body is often overlooked as people learn in this textbook. This is the reason that it is always recommended to have taken a biology course of some kind in school for these certifications. Biology is an often overlooked portion that will help with your understanding of the certification. Make sure to emphasize chapters 1 – 5 here. They really are the gateway to understanding.
5. The last major tip asks you to consider the confusing wording of the questions within the exam. The structure of the questions on the test do not correspond well to a study pattern that relies on simply memorizing the data. Make sure that you are understanding and relating the things you learn to the new information as it comes up. This is because the questions will not be simple one answer questions.

Bonus Tip: Utilize study guides, practice tests and flashcards.

On my website I have a free study guide, practice tests and flashcards for the NSCA CPT exam. **You can check them out here** (<https://www.ptpioneer.com/study-nsca/>)

A good study guide

A good study guide will help you navigate the huge NSCA CPT textbook. Not all of the material that you read out of the textbook will show up on the exam. Knowing what parts to focus on, and which parts to skim over is extremely important. If you try to memorize the whole entire textbook, you are setting yourself up for failure.

Practice exams

Taking multiple different practice exams before you sign up to take the real exam is crucial. I know so many students that have to come to me after they failed asking me what they did wrong. Typically, All of the students had one thing in common. None of them even attempted 1 practice exam to see if they were fully prepared to take the test. If they would have, they would have seen that they were not ready. If you can pass multiple full practice exams with 80% or above, you will know you are ready.

Flashcards (especially spaced repetition)

The flash cards on my website have approximately 100 terms for you to go over. The best way to study flashcards is to use spaced repetition. This helps you focus on your weaker areas of study by showing them more frequently. This saves a lot of time over all when trying to memorize the thousands of terms for the NSCA CPT exam.

The study materials on my website is a good place to start. But, if you want to guarantee that you pass the exam I recommend checking out the study materials from Trainer Academy. They have the best study guide, full practice exams and spaced repetition flashcards. My students that have gone through their program have a 99% pass rate. They even provide an exam pass guarantee. Being a subscriber to PT pioneer, you can save on their NSCA MVP study package by using my personal discount code **PTPSUB** or by **clicking this link**.

Check their website to learn more about their study materials.

Or, check out **my full review of them here**.