

NASM CERTIFIED PERSONAL TRAINER FREQUENTLY ASKED QUESTIONS

1. What are the pre-requisites for this course?

**Candidate must be at least 18 years of age and at least an 'N' level or equivalent.
Candidate must also hold a current Emergency Cardiac Care (CPR) and Automated External Defibrillator (AED) certification before attempting the first final exam.**

2. Is there a practical examination during course?

There is no practical examination during the course, however there will be an online final exam, which you need to take within 12 months after completing the course.

3. Is there a final written examination for the course?

No, however you need to complete the final online examination within 12 months after you have completed the course. It is suggested however, that you do your exam within 3 months after your course.

4. Can I do my online practice exams at home?

There is one practice examination that you can attempt on your own which will give you an idea of what topics you may need to focus on during your preparation for the exam.

5. Where do I take my final NASM CPT exam?

The final exam MUST be taken at DSI Academy's office.

6. How many attempts do I have for my final examination?

You are entitled to three attempts on your final exam.

7. What if I fail all three times?

You will be able to purchase an extension if you should fail all three attempts or fail to complete the examination within 12 months.

8. How much time do I have to do the final examination?

You have a total of 90 minutes to complete your final examination, with 100 questions to answer.

9. How do I book my final examination?

Once you are ready, please contact DSI Academy to make an appointment for your examination. You are given 90 minutes to complete the exam.

10. What is the passing mark for the final examination?

The passing mark for the final examination is 70%.

11. Can I use my text book during the examination?

This is a closed book exam and no electronic devices or text books can be used during the exam.

12. **What topics should I focus on for my revision before I attempt my final exam?**
You will be sent a comprehensive study guide at the completion of your course. Once you have accessed your online system, you will also be able to watch revision videos that will assist in your preparation for the exam.
13. **What if I fail to sit for my examination during the given time frame?**
You will be able to purchase an examination extension from DSI Academy (costs will vary accordingly). This will give you an additional 180 days to re-sit for your examination with an additional 3 attempts.
14. **When will I receive my original certificate after successfully passing the exam?**
Your International NASM CPT Certification will be sent to DSI Academy and once the certificate arrives, you will be notified to collect it from DSI office.
15. **Can I print a soft copy of my certificate after the exam?**
Yes, once you have completed the exam, you will be notified of your test result and a soft copy can be printed from the NASM online system.
16. **How do I know which courses are recognised by NASM for Continuing Education Credits (CEU's)?**
NASM provides a list of all approved CEU courses on their website. Ensure your continuing education courses are approved by NASM. NASM will only recognise approved courses.
17. **How long is the validation of the NASM CPT certification?**
The NASM CPT is valid for two years from your date of completion.
18. **Is the NASM CPT a recognised certification internationally?**
Yes, the NASM CPT is an internationally recognised certification. However, depending on each country's specific government qualifications, you need to check to ensure that it is recognize in your country.
19. **How do I re-certify for my NASM CPT certification?**
Once you are ready to re-certify, you will need to contact DSI Academy and bring with you your copies of the relevant CEU's courses or certificates. DSI Academy will assist you with the filing of the relevant documents with NASM.
20. **Do I have to renew my certification for NASM?**
Yes, you are required to renew your NASM CPT certification every two years. This can be done by doing 'Continuing Education Units' (CEU's) programmes during the two year period prior to renewal.
21. **How many CEU's do I need for re-certify my NASM CPT certification?**
You will need a total of 2.0 Continuing Education Units (CEU's) of which 0.1 can be fulfilled through your current CPR AED certification.
22. **Is CPR mandatory for my re-certification?**
Yes, when you are re-certifying your NASM CPT, you are required to have a valid CPR / AED certification. This must be taken from a recognised CPR / AED training provider.

23. **What if I have taken courses BEFORE the completion of my NASM CPT exam, will they apply towards my re-certification?**
All courses and workshops approved by NASM must be taken during your two year certification period. Courses taken before will not be accepted towards your NASM renewal.
24. **Can I stockpile my CEU points during my two year certification period?**
CEU's cannot be carried over during your certification period.
25. **How will my name will appear on the CPT certificate?**
The name on your certificate will be confirmed during the course.
26. **Do I need to use the name on my Passport or ID card?**
No, the name you select does not need to be your passport or ID card name BUT we suggest that you use the same name and format on all certification so that there is consistency when submitting certificates to a potential employer.
27. **How do I gain access to my online materials?**
Once you have attended the 'Live' workshop, we will send you your username and login password to the email account you have provided us.
28. **Can I view my online information on different devices?**
Yes, NASM has now created an online platform that can be the accessed on a range of devices.
29. **What is the career path like after the CPT certification?**
There are many different specializations that you can explore doing and this depends on your interests. NASM has many specialisation workshops that can be done online as well as through 'Live' workshops.