

FIFTH EDITION

Free Study Guide for the NASM CPT Exam

This guide has been created based on what NASM recommends you should know for their exam, but does not necessarily represent what shows up on the actual exam. For study material focused on what shows up on the exam check out Fitness Mentors' [Audio Lectures](#), [Study Guide](#), and [Practice Tests](#) for the NASM CPT Exam.

CHAPTER 1

National Academy of Sports Medicine Code of Professional Conduct

Professionalism:

Professionalism should be practiced during all client interactions. Use effective communication and ensure a safe environment. Maintain good hygiene and wear appropriate clothing. Always refer your clients to a doctor when serious conditions arise.

Confidentiality

Secure client documents and respect the confidentiality of your client conversations.

Legal and Ethical

Obey all laws associated with your training location. Keep truthful records and take responsibility for their accuracy.

Business Practice

Keep adequate liability insurance and practice truth in appropriate advertising. Maintain accurate financial and client records to pay all due taxes for 4 years. Don't get sexually involved with your clients.

Scope of Practice

Do your best to use help! Check out [Fitness Mentors' Study Guide for the NASM CPT Exam](#) to review the topics that make it on the test. Go to www.fitnessmentors.com or call us at (484) 675-0476.

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Mark Steyvers



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