2022	Knowledge Statement - NETA Personal Trainer Exam Content Outline
K-1	ACSM Health/Fitness Facility Standards and Guidelines
K-2	ACSM preparticipation screening recommendations
K-3	Activity- and exercise-specific benefits, indications, contraindications, risks, and precautions for the general population
K-4	Acute and chronic responses to exercise in asymptomatic and symptomatic populations
K-5	Appropriate progressions, regressions, and modifications
K-6	Appropriate selection and use of exercise equipment
K-7	Appropriate spotting techniques and safety precautions during resistance training exercise
K-8	Aspects of motivation and techniques to enhance motivation (e.g., intrinsic, extrinsic) and promote adherence to healthy lifestyle behaviors
K-9	Basic principles of nutrition, Dietary Guidelines for Americans, recommended healthy eating patterns, and food guidance graphics
K-10	Coaching methods (e.g., motivational interviewing, appreciative inquiry)
K-11	Components and administration of Informed Consent
K-12	Components of health- and skill-related physical fitness
K-13	Considerations and procedures for referring clients to healthcare providers
K-14	Considerations for engaging clients in a virtual environment
K-15	Considerations in the selection and use of health screening and fitness assessment protocols (e.g., safety, contraindications, effect of common medications on response to exercise)
K-16	Considerations related to media selection and licensing
K-17	Corrective exercises for muscle imbalances
K-18	Credible sources of information, education providers, and professional organizations
K-19	Demographic-specific considerations (e.g., age, gender, culture, fitness level)
K-20	Effective verbal and non-verbal communication strategies, including active listening
K-21	Effective verbal and non-verbal communication strategies, including appropriate cueing and feedback
K-22	Elements of and guidelines for maintaining client records
K-23	Elements of and guidelines for writing progress notes (i.e., SOAP notes)
K-24	Elements of health, wellness, lifestyle, exercise, and physical activity history and current states
K-25	Environmental considerations (e.g., cold, hot, high altitude) for exercise program design
K-26	Exercise guidelines, contraindications, and considerations for special populations (e.g., pregnancy, older adults, youth/adolescents) and medical conditions (e.g., arthritis, hypertension, diabetes, asthma, osteoporosis, orthopedic and other injuries)
K-27	Exercise-related anatomy, kinesiology, biomechanics, and physiology
K-28	Health and injury risk factors and contraindications
K-29	Interpretation of body language
K-30	Interpretation of verbal and nonverbal client responses
K-31	Interpretive guidelines for health screening and fitness assessment results
K-32	Interpretive guidelines for preparticipation screening tools and health and lifestyle questionnaires

K-33	Legal considerations, risk management, and scope of practice (e.g., nutrition, medicine, rehabilitation, therapy)
K-34	Methods for measuring and monitoring exercise intensity (e.g., target heart rate, rating of perceived exertion, METs)
K-35	NETA Code of Ethics
K-36	Physical activity recommendations (e.g., Physical Activity Guidelines for Americans; ACSM, AHA, and CDC Consensus Statements) for improving overall health
K-37	Preparticipation screening tools and components of a health and lifestyle questionnaire
K-38	Principles and guidelines (e.g., ACSM, Academy of Nutrition and Dietetics, National Weight Control Registry) of safe and effective weight management
K-39	Principles of diversity, equity, and inclusion
K-40	Principles of exercise training (e.g., overload, specificity, progression, variation) and ACSM guidelines for exercise program design (e.g., cardiorespiratory, muscular fitness, flexibility training, balance)
K-41	Principles of motivation and exercise adherence
K-42	Recognition of and appropriate response to exercise-related medical conditions and emergencies (e.g., myocardial infarction, stroke, heat-related illness)
K-43	Relationship-building strategies to engage, establish rapport, and demonstrate empathy in a non-judgmental manner
K-44	Requirements for the renewal of professional and safety (e.g., CPR) certification(s)
K-45	Risk factors for prevalent chronic disease (e.g., diabetes, cardiovascular disease, osteoarthritis, metabolic syndrome)
K-46	Rules, regulations, and guidelines regarding privacy of personal health information (i.e., HIPAA) and personally identifiable information (PII)
K-47	Safe and effective exercise technique (e.g., joint alignment, range of motion, breathing pattern)
K-48	Signs and symptoms of and immediate care (e.g., PRICE) for acute injuries (e.g., sprain, strain, fractures)
K-49	Signs and symptoms of overtraining and overuse (repetitive strain injury) syndromes
K-50	Static and dynamic postural assessment
K-51	Strategies for accommodating various learning styles (e.g., visual, auditory, kinesthetic)
K-52	Strategies for creating a fun and welcoming environment
K-53	Strategies for creating and maintaining a professional impression (e.g., being on time, appropriately dressed, well groomed, organized)
K-54	Strategies for determining and accommodating participants' knowledge, skills, abilities, and interests
K-55	Strategies for improving form and technique in a non-judgmental manner
K-56	Strategies for promoting body awareness (e.g., mirror, biofeedback) and mindfulness (e.g., meditation, breathing techniques)
K-57	Strategies for promoting holistic lifestyle choices
K-58	Strategies for recovery and restoration (e.g., stretch, self-myofascial release, rest, sleep)
K-59	Theoretical models of behavior change (e.g., transtheoretical model, self-efficacy theory)
K-60	Time management strategies

K-61	Training systems and strategies (e.g., periodization, high intensity interval training (HIIT), circuit training)
K-62	Types of goals (e.g., action oriented, long-term) and collaborative goal-setting strategies (e.g., SMART, SWOT)
K-63	Written emergency response procedures (e.g., activation of emergency medical services (i.e., 911), facility emergency response plan, pre-emergency preparation strategies