



The Fitness Professional's Workbook for Personal Trainers

This workbook is intended for use with the sixth (6th) edition of NETA's *The Fitness Professional's Manual*.



July 2025

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Dear Personal Trainer Certification Candidate,

NETA's Personal Trainer Certification is accredited by the National Commission for Certifying Agencies (NCCA). NETA received NCCA accreditation of its Personal Trainer certification by demonstrating the program's compliance with the NCCA's *Standards for the Accreditation of Certification Programs*. NCCA is the accrediting body of the Institute for Credentialing Excellence. Since 1977, the NCCA has been accrediting certifying programs based on the highest quality standards in professional certification to ensure the programs adhere to modern standards of practice in the certification industry. The process of earning accreditation is extensive, including the input of many subject matter experts (SMEs) to conduct a practice analysis of the personal trainer's role and responsibilities and to develop the certification exam.

NETA's *The Fitness Professional's Manual*, 6th edition (2025) is an excellent resource to help prepare for the exam. In addition to studying the Manual, NETA also recommends completion of *The Fitness Professional's Workbook for Personal Trainers*, which includes a 50-question Personal Trainer Practice Exam. A series of six online *Personal Trainer Review Modules* may also be purchased to supplement your exam preparations. Visit our website for more information about these recommended study resources. NETA also offers live review workshops, both in-person and virtual, intended to serve as a final review of key topics in preparation for the certification exam.

To successfully prepare for the exam, NETA recommends that candidates devote an appropriate amount of time (e.g., at least 30-45 days) and effort toward self-directed study prior to attending a review workshop or attempting the examination. Self-study time may vary depending on the individual's existing knowledge, the quality of time devoted to study, and the rate at which candidates comprehend the information. **Please Note:** NETA's study materials and/or educational services are *not* required to be eligible to sit for the NETA Personal Trainer certification exam. The use of NETA study materials and/or attendance at a live NETA certification review workshop does *not* guarantee a candidate will pass the exam.

In addition, candidates should also review NETA's Personal Trainer exam content outline. The exam content outline serves as the foundation from which the certification exam was constructed. This document is available in the [Exam Candidate Handbook](#) located on NETA's website, and is also provided on pages 67-75 of this workbook. Take some time to familiarize yourself with the exam content outline. Your preparation for the exam should be focused accordingly. A single textbook or resource does not exist containing all the subject matter represented on the exam content outline. The knowledge necessary to pass the certification exam and become a NETA-Certified Personal Trainer is accumulated from many resources and experiences. A list of additional recommended resources is provided on page five of NETA's complimentary [Personal Trainer Certification Study Guide](#) located on NETA's website.

If you have any questions, please feel free to contact us at 1-800-237-6242 or refer to Frequently Asked Questions at www.netafit.org.

Good luck with your preparations for NETA's NCCA-accredited Personal Trainer certification exam!

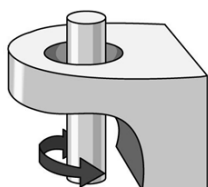
NETA's Education Department

15. List the five segments of the spinal column from superior to inferior. Indicate the corresponding number of vertebrae for each area.

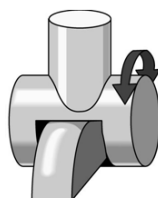
- _____
- _____
- _____
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Types of Articulations (page 48-50)

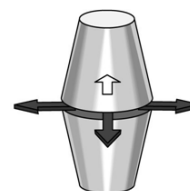
16. The _____ joints are held together by tough, fibrous connective tissue making them an *immovable joint* such as those found between *suture joints* of the skull.
17. The _____ joints are often connected by fibrocartilaginous tissue (e.g., a pad or a disc) such as that found between two adjacent vertebrae. This type of articulation allows for a *slightly moveable joint*.
18. _____ joints are freely movable joints and are the most common in the body. These joints are also called *synovial joints* arising from their characteristic synovial membrane and the synovial fluid which lubricates the joint.
19. Label the illustrations provided below and provide one example for each type of joint.



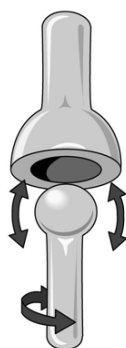
a. _____



b. _____



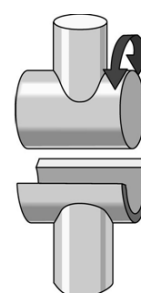
c. _____



d. _____



e. _____



f. _____

Chapter 6 – Applied Kinesiology & Biomechanics

Movement Terminology (pages 57)

1. In the space provided before each term, indicate the letter corresponding to the correct definition.

- | | |
|----------------------------|---|
| _____ Flexion | a. A movement of a body part in the frontal plane away from the midline of the body. |
| _____ Extension | b. A movement around the long axis of a bone away from the body. |
| _____ Abduction | c. A movement of a body part in the transverse plane toward the midline of the body. |
| _____ Adduction | d. A movement that decreases the angle at a joint bringing two body segments closer together. |
| _____ Internal Rotation | e. A movement of a body part in the frontal plane toward the midline of the body. |
| _____ External Rotation | f. A movement of a body part in the transverse plane away from the midline of the body. |
| _____ Horizontal Abduction | g. A movement around the long axis of a bone toward the body. |
| _____ Horizontal Adduction | h. A movement that increases the joint angle bringing two body segments further apart and toward the anatomical position. |

Kinesiology of Resistance Training (pages 57-69)

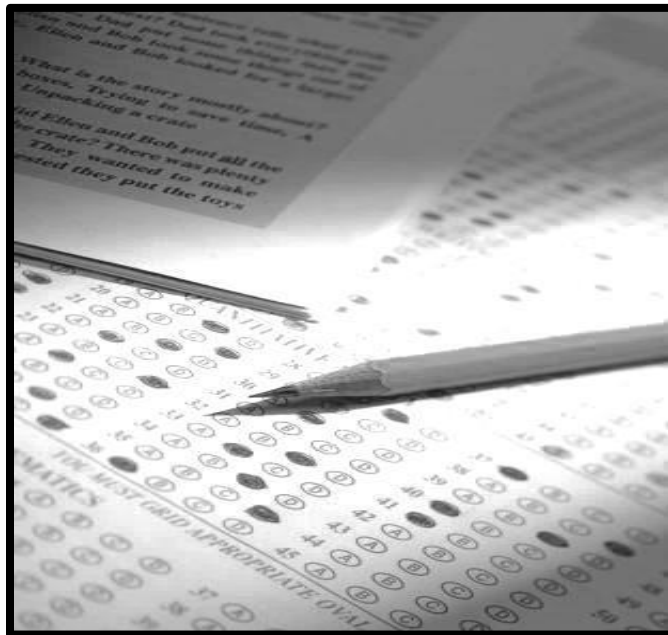
2. Indicate the primary joint action(s), from proximal to distal, that occur during the concentric phase of each resistance training exercise listed below. Then indicate the corresponding agonist muscle(s) that perform each joint action.

Exercise	Proximal Joint Action/Muscle(s)	Distal Joint Action/Muscle(s)
Barbell Squat		
Push-Up		
Lat Pulldown		
Shoulder Press		
Seated Narrow Row		
Triceps Pushdown		
Stability Ball Crunch		
Dumbbell Biceps Curl		
Cable Chest Fly		



Personal Trainer Certification

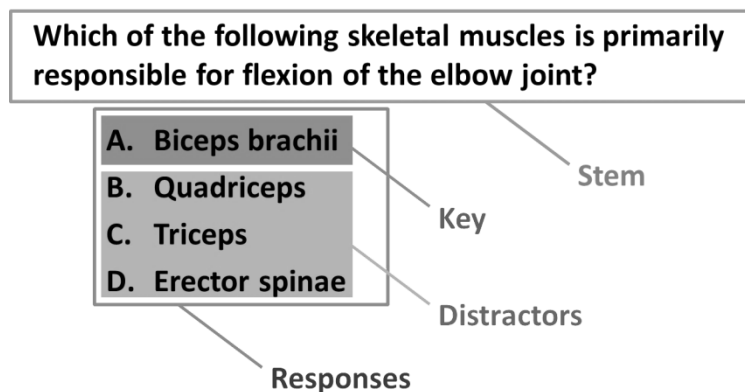
Practice Exam



(Item #: 15)

Thank you for investing in NETA's Personal Trainer Certification Practice Exam. The purpose of this practice exam is to test your knowledge and understanding of the subject matter and key concepts that may appear on the actual certification exam. The practice exam also serves to familiarize you with common multiple-choice question formats and to reinforce your self-guided study for the certification exam. The sample questions contained within this practice exam are NOT actual questions appearing on the certification exam. However, every effort has been taken to ensure that the sample questions contained within this practice exam are representative of the breadth and depth of subject matter to be seen on the actual certification exam. Candidates for NETA's NCCA-accredited Personal Trainer Certification Exam are encouraged to refer to the **Personal Trainer Study Guide**, located on NETA's website (www.netafit.org) for a comprehensive overview of the subject matter to be studied in preparation for the certification exam.

The most common type of question found on certification examinations is the multiple-choice question. All multiple-choice questions consist of two basic parts: the stem and the response options. The stem is the introductory statement or question that allows the candidate to understand what is being asked or assessed, and elicits the correct response. The stem may be written as a direct question, an incomplete statement, or in a best-answer format. The responses are suggested options that answer the question or complete the statement presented in the stem, only one of which is the correct answer (known as the key) and the remaining three are incorrect responses (known as distractors).



There are generally three types of multiple-choice questions that appear on certification exams: recall, application, and analysis. These types of questions may be arranged on a continuum such that recall questions are the most basic, application questions require more thought, and analysis questions involve the highest level of cognitive processing and problem solving. A recall question requires that you simply remember facts, definitions, rules, guidelines, etc. Application questions require that you apply knowledge to a certain situation. Analysis questions require you to take more than one piece of information into consideration and recognize the relationship between the information and/or variables presented in order to identify a problem and an appropriate solution.