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CSEP-CPT is a decent certification. Under \$300 per year to stay certified and it comes with a lot insurance. Preparing to challenge the certification exam can be kind of tough, there is a lot to know (mostly the fitness assessment tests). However, 99% of clients don't the difference between a CPT or a weekend GoodLife cert.

Csep Cpt Study Guide

CSEP Certified Personal Trainer® Certification Guide In this guide you'll find details on completing the exam process, preparing for your CSEP-CPT Theory and Practical Exams, and study questions. This certification guide, is a complement to the CSEP-PATH® Manual (the required resource for all CSEP-CPT candidates) and enhances your experience in pursuing certification.

CSEP-CPT Pre-requisites

A CSEP-CPT administers the CSEP-PATH® process for assessing, gathering, and applying information about a client's physical activity fitness, and sedentary behaviour levels to inform the development of client-tailored physical activity, fitness and lifestyle plan.

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The CSEP-CPT Certification & Study Guide is filled with valuable content designed to assist you in understanding the steps toward certification, how to prepare for the Theory and Practical exams, and what happens when you successfully complete the journey. The guide features: 50 practice questions to test your knowledge.

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