



Personal Trainer Specialist Exam Content Outline
According to Industry Standard Needs Study

Subject Matter Knowledge Domain I

CONTENT TOPICS	Check/Comment
Anatomy & Physiology	
• Skeleton System	
• Joint Motions	
• Planes of Motion	
Muscular System	
• Names & Action	
• Muscular Fatigue / Damage / Soreness / Recovery (Physiology)	
• Muscle Action	
Nervous System	
• Anatomy & Physiology	
Cardiovascular System	
• Anatomy & Physiology	

Subject Matter Knowledge Domain II

CONTENT TOPICS	Check/Comment
Types of Muscle Contractions	
1. Isotonic	
a. Eccentric	
b. Concentric	
2. Isometric	
3. Isokinetic	
Types of Exercises	
1. Strengthening	
2. Stretching	
3. Endurance / Aerobics / Cardiovascular	
4. Power	
Exercise Program Designing Components	
1. Frequency	
2. Intensity	
3. Duration	
4. Reps	
5. Sets	
6. Rest (Recovery)	



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7. 1RM Delormes Principle	
Exercise Techniques Considerations	
1. Target Identification (Exercise Selection)	
2. Movements Involved	
3. Body Alignment	
4. Joint Positioning	
5. Body and Joint Stabilization	
6. Rhythm of movement	
7. Inhalation & Exhalation Sequence	
Exercise Application	
1. Advantages	
2. Disadvantages	
3. Contraindications	
4. Injury Risk	
5. Morphology Based Exercises Variations	
Special Population Considerations	
Special Exercise Precautions	
• Weather	
• Age	
• Gender	
• Physical Status	
• Smoker	
• Biomechanics	
Client Evaluation & Assessment	
• Fat Composition (metabolic index)	
• Strength	
• 1rm	
• Flexibility Test	
• Balance & Coordination	
• Speed Test	
• Calculations	
• Heart Rate Max	

Subject Matter Knowledge Domain III

CONTENT TOPICS	Check/Comment
Strengthening	
1. Principles	
2. Techniques	
3. Target Areas	
• Core & Trunk	



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<ul style="list-style-type: none"> • Lower Body Exercise 	
<ul style="list-style-type: none"> • Upper Body Exercise 	
4. Precautions	
5. Components	
6. Intensity	
7. Frequency	
8. Duration	
9. Rest	
Stretching	
1. Principles	
2. Techniques	
3. Types	
4. Target Areas	
<ul style="list-style-type: none"> • Core & Trunk • Lower Body Exercise • Upper Body Exercise 	
5. Precautions	
6. Components	
7. Intensity	
8. Frequency	
9. Duration	
10. Rest	
Endurance / Aerobics / Cardiovascular	
1. Principles	
2. Techniques	
3. Types	
4. Precautions	
5. Components	
6. Intensity	
7. Frequency	
8. Duration	
9. Rest	
Power	
1. Principles	
2. Techniques	
3. Types	
4. Target Areas	
<ul style="list-style-type: none"> • Core & Trunk • Lower Body Exercise • Upper Body Exercise 	
5. Precautions	
6. Components	



7. Intensity	
8. Frequency	
9. Duration	
10. Rest	
Exercise Variation	
1. Upper Limbs	
2. Upper Limbs Variations	
3. Lower Limbs	
4. Lower Limbs Variations	
5. Torso / Core	
6. Torso / Core Variations	
Warm Up Cool Down	
• Exercises Application	
• Physiological Changes	
Cool Down	
• Exercises Application	
• Physiological Changes	

Subject Matter Knowledge Domain IV

CONTENT TOPICS	Check/Comment
Diet & Nutrition	
1. Protein	
2. Carbohydrates	
3. Lipids & Fat	
Calorie Conversions	
Glycolysis vs Gluconeogenesis vs Glucogenolysis	
Lipolysis & Fat Oxidation	
Lipogenesis	
Hormonal Factors	
1. Insulin	
2. Growth Hormone	
3. Testosterone	
Communication & Legal Issues	
1. Battery	
2. Slander	
3. Libel	
4. Assault	