

- 1. Screening and Ongoing Assessment** **17 items (12% of exam)**

 - 1.A. Determine athlete's readiness for training.**
 - 1.A.1. Screen athlete for medical issues (e.g., health questionnaire).
 - 1.A.2. Recognize conditions and injuries outside of Certified CrossFit Trainer Scope of Practice that require referral (i.e., risk factors).
 - 1.A.3. Assess for rhabdomyolysis ("rhabdo") risk.
 - 1.A.4. Assess psychological tolerance for training.
 - 1.B. Assess and monitor the athlete's fitness goals and performance.**
 - 1.B.1. Assess capability to perform functional movements.
 - 1.B.2. Evaluate athlete's work capacity.
 - 1.B.3. Identify athlete's fitness goals.
 - 1.B.4. Monitor training volume and recovery for signs of over- or under-training.
 - 1.B.5. Identify when athlete is ready to progress to another goal/skill.
 - 1.B.6. Quantify and track performance.

- 2. Programming** **23 items (16% of exam)**

 - 2.A. Design single and sequential workouts at an individual and group level.**
 - 2.A.1. Design workouts using the CrossFit methodology.
 - 2.A.2. Design a sequence of workouts that will improve general physical preparedness (GPP).
 - 2.A.3. Evaluate the effectiveness of programming utilizing the CrossFit definition of fitness.
 - 2.A.4. Adjust programming based on performance and goals.
 - 2.A.5. Apply benchmarks to assess effectiveness of programming.
 - 2.B. Scale workouts to optimize results for individual athletes.**
 - 2.B.1. Apply the strategy of mechanics, consistency, and intensity to CrossFit programming to optimize athlete safety and performance.
 - 2.B.2. Modify workouts to optimize efficacy for special populations (e.g., children, pregnant, masters).
 - 2.B.3. Modify workouts to optimize efficacy for athletes with sport-specific goals (including the CrossFit Games).
 - 2.B.4. Document and evaluate athlete progress relative to CrossFit's definition of fitness and their personal goals.
 - 2.B.5. Design programming for injured athletes to maintain fitness and restore functionality.

- 3. Teaching** **25 items (18% of exam)**
- 3.A. Teach gymnastics, weightlifting, and monostructural movements.**
 - 3.A.1. Educate athletes on the significance and application of the movements.
 - 3.A.2. Explain proper execution of movements.
 - 3.A.3. Layer instruction to meet athlete capability.
 - 3.A.4. Use progressions to teach complex moves as necessary.
 - 3.A.5. Provide a visual example of movements.
 - 3.B. Teach CrossFit concepts to athletes.**
 - 3.B.1. Teach the definition of CrossFit.
 - 3.B.2. Teach characteristics of functional movements.
 - 3.B.3. Describe validity of movements that do not produce much, if any, power (e.g., L-sit, back lever).
 - 3.B.4. Teach the CrossFit definition of midline stabilization.
 - 3.B.5. Teach the CrossFit definition of fitness and health and the four models that illustrate that definition
 - 3.B.6. Teach the goals of CrossFit programming and how goals are met (e.g., programming with variance).
 - 3.B.7. Teach the relationship between technique and intensity (i.e., threshold training).
 - 3.B.8. Describe relative intensity.
 - 3.B.9. Teach the principles of scaling.
- 4. Coaching** **39 items (28% of exam)**
- 4.A. Differentiate sound mechanics from unsound mechanics.**
 - 4.A.1. Recognize sound mechanics.
 - 4.A.2. Recognize and prioritize movement faults.
 - 4.A.3. Identify refinements of sound biomechanics to optimize performance.
 - 4.B. Facilitate correct movement patterns.**
 - 4.B.1. Communicate effective cues to correct unsound mechanics (i.e., clear, concise, actionable, and timely).
 - 4.B.2. Use multiple cueing strategies (e.g., visual, tactile, and verbal).
 - 4.B.3. Reinforce sound mechanics.
 - 4.B.4. Employ refinements of sound mechanics to optimize performance.
 - 4.B.5. Apply basic principles of anatomy and biomechanics.
 - 4.C. Inspire, motivate, and engage athletes.**
 - 4.C.1. Provide athletes with strategies for goal setting.
 - 4.C.2. Balance correction with positive reinforcement.
 - 4.C.3. Create a culture and community of excellence and camaraderie.
 - 4.C.4. Establish rapport with athletes and adapt approach based on athlete response.
 - 4.C.5. Lead by example.

- 5. Nutrition and Lifestyle** **18 items (13% of exam)**
- 5.A. Assess and monitor the lifestyle and diet of athletes.**
 - 5.A.1. Identify nutrition and lifestyle goals.
 - 5.A.2. Evaluate diet and lifestyle in relation to performance and fitness goals.
 - 5.A.3. Recognize conditions outside of Certified CrossFit Trainer Scope of Practice that require referral (e.g., nutritional disorders).
 - 5.A.4. Identify lifestyle factors that can affect training (e.g., recovery, use of alcohol, over-the-counter drugs, and supplements).
 - 5.A.5. Understand anatomy and physiology (including basic health markers) as related to nutrition.
 - 5.B. Provide nutritional and lifestyle strategies to athletes.**
 - 5.B.1. Outline dietary strategies (including food types and amounts).
 - 5.B.2. Outline lifestyle practices to promote fitness, minimize stress, and maximize recovery.
 - 5.B.3. Teach athletes how to read food labels.
 - 5.B.4. Teach athletes how to build sample meal plans.
 - 5.B.5. Work within Certified CrossFit Trainer Scope of Practice.
- 6. Class Management and Professional Responsibilities** **18 items (13% of exam)**
- 6.A. Organize athletes, space, equipment, and time to achieve workout objectives.**
 - 6.A.1. Plan lessons for a class period (including general warm-up, skill development session, workout, and cool-down).
 - 6.A.2. Manage logistics (including instructor-to-athlete ratio, equipment demands, workout duration, and effective utilization of space).
 - 6.A.3. Balance attention across individuals while maintaining group cohesion.
 - 6.B. Manage risk for the athlete, the trainer, the business entity, and the facility.**
 - 6.B.1. Obtain informed consent and waiver of liability from every athlete.
 - 6.B.2. Obtain written and signed medical release from athlete, when required.
 - 6.B.3. Arrange equipment, athletes, and instructor(s) to maximize safety.
 - 6.B.4. Maintain and inspect equipment and keep facility clean and safe.
 - 6.B.5. Educate athletes on personal responsibility in a workout setting.
 - 6.B.6. Recognize and respond to extreme environmental conditions.
 - 6.B.7. Teach and use correct spotting techniques.
 - 6.B.8. Assess insurance policy and other legal needs (e.g., liability, employment status, truth in advertising).
 - 6.C. Prepare for a medical emergency and equipment or facility malfunction.**
 - 6.C.1. Prepare and practice response to facility emergencies, medical emergencies, and injuries (i.e., create and follow an emergency action plan or EAP).
 - 6.C.2. Recognize warning signs for possible injury or overexertion.
 - 6.D. Run an ethical practice.**
 - 6.D.1. Adhere to CrossFit Standards of Professional Practice and other related legal agreements.