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.B. Assess and monitor the athlete’s fitness goals and performance.
   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.

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.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  

3.A. Teach gymnastics, weightlifting, and monoskeletal movements.
   3.A.1. Educate athletes on the significance and application of the movements.
   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.9. Teach the principles of scaling.

4. Coaching  

4.A. Differentiate sound mechanics from unsound mechanics.

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.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.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  
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  
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.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.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.  