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CCFT STUDY MATERIAL OVERVIEW
The CCFT examination tests the proficiency of an experienced trainer’s skill and knowledge across a broad range of CrossFit and fitness-related topics. The CCFT Study Material is based on the Content Outline and provides a Reference List that will help prepare candidates for the exam.

USING THE CONTENT OUTLINE
The Certified CrossFit Trainer examination conforms to a Content Outline based on a formal practice analysis of CrossFit Trainers.

There are six domains that make up the Content Outline:

1. Screening and Ongoing Assessment
2. Programming
3. Teaching
4. Coaching
5. Nutrition and Lifestyle
6. Class Management and Professional Responsibilities

Each domain has tasks (or functions) within it that are required of an effective trainer. Each task has abilities (or skills) needed to accomplish that task, and knowledge required to demonstrate that ability. The Content Outline can serve as a guide in preparation for the exam. Candidates can assess their readiness for the exam by evaluating:

- their ability to demonstrate the skills in their regular coaching practice; and
- their knowledge relative to that which is listed.
USING THE REFERENCE LIST

The Study Material Reference List is organized with the core Training Guides at the beginning followed by the remaining entries in alphabetical order and grouped by Primary Domain. Each entry is followed by applicable exam domains. In many cases, a single reference covers multiple domains. The Primary Domain indicates the exam domain where the material is most relevant.

For example, consider the following reference:


This article is listed under the grouping Primary Domain: TEACHING (D3), therefore, it is most relevant to domain D3. (D3), However, it contains information that applies to the four domains listed:

• Screening and Ongoing Assessment/Domain 1 (D1)
• Programming/Domain 2 (D2)
• Teaching/Domain 3 (D3)
• Coaching/Domain 4 (D4)

DOMAIN KEY

D1 Screening and Ongoing Assessment
D2 Programming
D3 Teaching
D4 Coaching
D5 Nutrition and Lifestyle
D6 Class Management and Professional Responsibilities
CCFT STUDY MATERIALS

ALL DOMAINS

CrossFit Kids Training Guide & Workbook
D1  D2  D3  D4  D5  D6

CrossFit Level 1 Training Guide
https://journal.crossfit.com/article/training-guide-compiled
D1  D2  D3  D4  D5  D6

CrossFit Level 2 Training Guide & Workbook
D1  D2  D3  D4  D5  D6

Coaching the Aging Athlete Training Guide & Workbook
D1  D2  D3  D4  D5  D6

PRIMARY DOMAIN: SCREENING AND ONGOING ASSESSMENT (D1)

A Language to Diagnose With Kelly Starrett: Part 7. (VIDEO) Starrett K. 2011 (Dec.)
D1  D3

A Metabolic Analysis of CrossFit’s Elite: Part 2. (VIDEO) Various. 2012 (Nov.)
http://journal.crossfit.com/2012/11/pepperdineparttwo.tpl
D1  D2  D3

Acute Exertional Compartment Syndrome with Rhabdomyolysis: Case Report and Review of Literature. (Weblink) McKinney B. et al. 2018 (Feb.)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5813520/
D1  D6
Aging, Performance and Health. (PDF) Kilgore L. 2015 (Nov.)  
D1  D2  D4

Coaching the Mental Side of CrossFit. (PDF) Amundson G. 2010 (July)  
https://journal.crossfit.com/article/coaching-the-mental-side-of-crossfit  
D1  D4

Competing With Diabetes - and Winning. (VIDEO) Rodriguez S. 2010 (Nov. 5)  
D1  D4  D5

CrossFit Training During Pregnancy & Motherhood. (PDF) Perkins C. & Dewalt H. 2011 (Sept)  
D1  D2  D4

Dissecting the Squat. (PDF) Long Z. 2015 (Oct. 13)  
https://journal.crossfit.com/article/cfj-dissecting-the-squat  
D1  D3  D4

Don't Waste The Warm-Up. (PDF) Warkentin M. 2017 (Oct. 5)  
D1  D2  D3  D4  D6

D1

Healing Tissue. (VIDEO) Starrett K. 2009 (July 26)  
https://journal.crossfit.com/article/tissue-healing-phases  
D1  D4

Muscle Damage and Soreness. (PDF) Webster T. 2008 (Nov. 5)  
https://journal.crossfit.com/article/muscle-damage-soreness-overview  
D1  D6

Pre-Participation Screening. (VIDEO) Ray M. 2009 (June 3)  
http://journal.crossfit.com/2009/06/pre-participation-screening.tpl  
D1
Shoulder Impingement. (VIDEO) Starrett K. 2009 (May 15)
https://journal.crossfit.com/article/shoulder-impingement

The Measure of Man. (PDF) Kilgore L. 2008 (July 1)
https://journal.crossfit.com/article/the-measure-of-man

The Mind Game. (PDF) Shrago S. 2010 (March)

Why use a training log? (PDF) Harrison G. 2011 (July)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4262933/pdf/nihms639095.pdf

PRIMARY DOMAIN: PROGRAMMING (D2)

A Deft Dose of Volume. (PDF) Hobart J. 2016 (March)

A Theoretical Template For CrossFit’s Programming. (PDF) Glassman G. 2003 (Feb.)
https://journal.crossfit.com/article/a-theoretical-template-for-crossfits-programming-2

Adaptation for Fitness. (PDF) Kilgore L. 2010 (Jan. 19)
https://journal.crossfit.com/article/adaptation-for-fitness

Benchmark Workouts. (PDF) Glassman G. 2003 (Sept. 1)
Conjugate CrossFit. (PDF) Mason C. 2010 (Nov.)
https://journal.crossfit.com/article/conjugate-crossfit

Dissecting the Fish: Plotting Progress in Multi-Modal Training. (PDF) Kilgore L. 2008 (May)

End of the Line. (PDF) Mason C. 2010 (Sept. 24)

(Weblink) Morrison S. et al. 2017 (Aug.)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5534159/

Fooling Around With Fran. (PDF) Glassman G. 2005 (March 1)
https://journal.crossfit.com/article/fooling-around-with-fran

Human Power Output and CrossFit Metcon Workouts. (PDF) Leyland T. 2008 (July 1)

IWCABTAMD. (PDF) Dr. Platek S., Porter J., and Walters T. 2008 (July 1)
https://journal.crossfit.com/article/iwcabtamd-2

No Limits. (PDF) Cochran C. 2010 (June 21)
https://journal.crossfit.com/article/no-limits

Periodizing for the Games. (VIDEO) Bergeron B. 2012 (Aug.)
https://journal.crossfit.com/article/periodizing-for-the-games

https://journal.crossfit.com/article/cfi-pregnancy-a-practical-guide-for-scaling
Scaling CrossFit Workouts. (PDF) Gordon J. 2015 (Oct.)  
D2  D3  D4  D6

The High-Performance Pregnancy. (PDF) Nitz A. 2008 (Dec.)  
D1  D2  D3  D4

The Westside Conjugate System. (PDF) Simmons L. 2011 (June 22)  
D2

VO2 Max: Not the Gold Standard?. (PDF) Leyland T, 2006 (Dec)  
D1  D2  D3

www.crossfit.com FAQ WOD  
https://www.crossfit.com/cf/faq?q=wod  
D1  D2  D3  D6

**PRIMARY DOMAIN: TEACHING (D3)**

An Aerobic Paradox. (PDF) Kilgore L. 2006 (Dec. 1)  
D2  D3

Anatomy & Physiology Primer for CrossFit Trainers. (PDF) Kilgore L. 2015 (Dec. 15)  
D1  D3  D4  D5

Anatomy and Physiology for Jocks. (PDF) Glassman G. 2003 (Aug.)  
https://journal.crossfit.com/article/anatomy-physiology-for-jocks  
D1  D3  D4

Applications of the Support on the Rings. (PDF) Hass T. 2007 (May)  
https://journal.crossfit.com/article/cfj-applications-of-the-support-on-rings  
D3  D4
Charting a Course to Intensity. (PDF) DeGain J. 2018 (Sept. 19)
https://journal.crossfit.com/article/chart-degain

Forcing the Issue. (PDF) Kilgore L. 2009 (Sept. 24)
https://journal.crossfit.com/article/forcing-the-issue


Getting Inverted. (PDF) Tucker J and Hyland D. 2011 (Sept. 30)
https://journal.crossfit.com/article/getting-inverted

Getting Some Leverage. (PDF) Kilgore L. 2010 (May 1)

Handstand Push-Up-Progression With Carl Paoli: Step 2. (VIDEO) Paoli C. 2011 (Aug. 4)

How to Breathe When Squatting. (WEBLINK) Horschig A. 2016 (Feb.)
https://squatuniversity.com/2016/02/12/the-squat-fix-core-stability-proper-breathing/

Proper Bench Technique. (VIDEO) Sweatt S. and Phelps-Sweatt L. 2011 (Dec. 27)
https://journal.crossfit.com/article/proper-bench-technique


Running Drills: Part 2. (VIDEO) McKenzie B. 2011 (June 22)
Safety & Efficacy of Overhead Lifting. (PDF) Kilgore L., Rippetoe M. & Starrett K. 2008 (March 1)
D3 D4

Spine Mechanics for Lifters. (PDF) Leyland T. 2007 (Nov. 1)
https://journal.crossfit.com/article/spine-mechanics-for-lifters-2
D1 D3

Squatting Kinematics and Kinetics and their Application to Exercise Performance. (PDF) Schoenfield B. 2010 (Dec.)
http://www.academia.edu/23698675/SQUATTING_KINEMATICS_AND_KINETICS_AND_THEIR_APPLICATION_TO_EXERCISE_PERFORMANCE
D3 D4

The Athletic Hip. (PDF) Hollingsworth D. 2010 (Nov. 22)
https://journal.crossfit.com/article/cfj-the-athletic-hip
D1 D3

The Deeper Side of Coaching. (PDF) Bergeron B. 2011 (Dec. 2)
https://journal.crossfit.com/article/the-deeper-side-of-coaching
D3

The Glute Ham Developer. (VIDEO) Everett J. 2011 (Oct. 24)
https://journal.crossfit.com/article/the-glute-ham-developer
D2 D3 D4

The Scoop and the Second Pull. (PDF) Glassman G. 2006 (Jan. 1)
D3 D4

What Is CrossFit? (VIDEO) Glassman G. 2009 (Nov. 28)
https://journal.crossfit.com/article/what-is-crossfit
D1 D2 D3 D4

PRIMARY DOMAIN: COACHING D4

Accommodating Resistance. (VIDEO) Sweatt S. and Phelps-Sweatt L. 2012 (March 25)
https://journal.crossfit.com/article/accommodating-resistance
D4
Building Mental Toughness. (PDF) Hermiz J. 2012 (Jan.)
D1 D4

Coaches Prep Course: Macro-Micro-Macro. (PDF) Sherwood P., Carswell C., and Spealler C. 2010 (Sept. 29)
D4

Coaching the Positive. (VIDEO) Bergeron B. 2012 (July 7)
https://journal.crossfit.com/article/coaching-the-positive  
D4

Fixing Common Rowing Errors. (VIDEO) Hammond G. 2012 (May 9)
https://journal.crossfit.com/article/fixing-common-rowing-errors  
D3 D4

Infinity Wall Movement Library. (VIDEO) CrossFit. YouTube. 2017 (Oct. 7)
https://www.youtube.com/playlist?list=PLdWvFCOAyvr1qYhgPz -wnCcxTO7VHdFo  
D1 D3 D4

Movement 101. (PDF) Kilgore L. 2009 (Jan. 29)
D1 D3 D4

Pursuit of Excellence With Greg Glassman. (VIDEO)
D4

The Emotional Bank Account. (VIDEO) Bergeron B. 2012 (June 16)
https://journal.crossfit.com/article/the-emotional-bank-account  
D4

The Pursuit of Excellence. (PDF) Bergeron B. 2012 (Dec. 17)
D4

Strategies for a Seven Minute 2K on the Concept II Rower. (PDF) Glassmen G. 2002 (Nov.)
D4
Aberrant Vertebral Curves: Scoliosis. (WEBLINK) 2019 (Aug.)
https://www.crossfit.com/essentials/aberrant-vertebral-curves-scoliosis

**PRIMARY DOMAIN: NUTRITION (D5)**

Beyond Calories. (PDF) Giardina M. 2018 (Jan 25)

Cancer, Carbs, and Controversy. (PDF) Saline B. 2016 (July)

How it’s made: Cholesterol production in your body. (Weblink) Corliss J. 2017 (Feb.)
https://www.health.harvard.edu/heart-health/how-its-made-cholesterol-production-in-your-body

How to Understand and Use the Nutrition Facts Label. (WEBLINK) US FDA. 2004
https://www.fda.gov/food/labelingnutrition/ucm274593.htm

Low Carbs and Lipids. (WEBLINK) Eades M. 2008 (Jan. 7)

Make Your Life Better: Get Horizontal. (PDF) Beers E. 2013 (Jan.)

Milking Fact From Intolerance. (PDF) Kilgore L. 2008 (Oct. 30)

My Experiments With Intermittent Fasting. (PDF) Berardi J. 2011 (Dec. 9)
**Nutrition Brief: Carbohydrate Selections.** (WEBSITE) Synkowski E.C. 2016 (Oct. 31)

https://journal.crossfit.com/article/nutrition-brief-how-much-food-should-i-eat

**Nutrition Brief: Insulin and Blood Sugar Regulation.** (WEBSITE) Gary J. & Synkowski E.C. 2017 (Feb. 9)

**Nutrition Brief: Pros & Cons of Intermittent Fasting.** (PDF) Synkowski E.C. 2017 (Feb. 21)

**Nutrition Data.** (WEBSITE)
https://nutritiondata.self.com/

**Race-Day Fueling.** (PDF) Wunderle M. 2010 (July)
https://journal.crossfit.com/article/race-day-fueling

**Simple Nutrition: Part 1.** (VIDEO) Synkowski EC. 2012 (July)
https://journal.crossfit.com/article/simple-nutrition-part-1

**Simple Nutrition: Part 2.** (VIDEO) Synkowski EC. 2012 (July)

**Simple Nutrition: Part 3.** (VIDEO) Synkowski EC. 2012 (July)
https://journal.crossfit.com/article/simple-nutrition-part-3

**Simple Nutrition: Part 4.** (VIDEO) Synkowski EC. 2012 (July)
https://journal.crossfit.com/article/simple-nutrition-part-4
Simple Nutrition: Part 5. (VIDEO) Synkowski EC. 2012 (July)

Statement of the Third International Exercise-Associated Hyponatremia Consensus Development Conference. (WEBLINK) 2015 (July)
https://journals.lww.com/cjsportsmed/Fulltext/2015/07000/Statement_of_the_Third_International_2.aspx

Sugar Bombs. (PDF) Beers E. 2015 (July)

Vitamin D and your health: Breaking old rules, raising new hopes. (Weblink) Harvard Men's Health Watch. 2007 (Feb.)
https://www.health.harvard.edu/newsletter_article/vitamin-d-and-your-health-breaking-old-rules-raising-new-hopes

What Is the Glycemic Index? (WEBLINK) Eades M. 2006 (Nov. 7)
https://proteinpower.com/blog/what-is-the-glycemic-index/

https://www.crossfit.com/essentials/importance-of-maintaining-a-low-omega-6-omega-3-ratio-for-reducing-inflammation

PRIMARY DOMAIN: CLASS MANAGEMENT AND PROFESSIONAL RESPONSIBILITIES (D6)

http://journal.crossfit.com/2012/10/bloodspillcleanup.tpl

https://journal.crossfit.com/article/day-one-kilgore-2
Evacuation Plans and Procedures eTool. (WEBLINK) OSHA

Health and Safety: A Primer for CrossFit Trainers. (PDF) Kilgore L. 2018 (Jan .12)

https://bjsm.bmj.com/content/bjsports/51/4/211.full.pdf

Injuries and Affiliates: Have a Plan. (CFJ) Galligani C. 2017 (May)

Protecting Your Business: The Waiver. (PDF) Ames M. 2010 (March 20)

Recommended Practices for Safety and Health Programs. (WEBLINK) OSHA
https://www.osha.gov/shpguidelines/education-training.html

Safety: For Athletes and Trainers. (PDF) Kilgore L. 2009 (Nov. 29)

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Skin Infections and the CrossFit Athlete. (PDF) Ray M. 2010 (Dec. 17)

The Role of Bench Press in Strength Training. (PDF) Starr B. 2012 (Feb.)
USA Weightlifting Safety in Weightlifting. (PDF) USAWL

When You Don't Know Squat About Regulations. (CFJ) Kilgore L. 2018 (Feb.)
https://journal.crossfit.com/article/value-kilgore-2

https://journal.crossfit.com/article/where-barbells-come-from

Team Workouts. (PDF) Glassman G. 2003 (Oct.)
http://library.crossfit.com/free/pdf/14_03_Team_Workouts.pdf