# TABLE OF CONTENTS

CCFT Study Material Overview ................................................. 2
Using the Content Outline .................................................... 2
Using the Reference List ...................................................... 3
Domain Key .................................................................. 3
CCFT Study Materials .............................................................. 4
All Domains .................................................................. 4
Primary Domain: Screening and Ongoing Assessment ................... 4
Primary Domain: Programming ............................................. 6
Primary Domain: Teaching ............................................... 8
Primary Domain: Coaching ............................................ 10
Primary Domain: Nutrition ............................................ 12
Primary Domain: Class Management and Professional Responsibilities . 14
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:

**Fundamentals, Virtuosity, and Mastery An open Letter to CrossFit Trainers. (PDF) Glassman G. 2005 (Aug.)**

![D1 D2 D3 D4]

This article is listed under the grouping Primary Domain: TEACHING (D3), therefore, it is most relevant to domain 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**

<table>
<thead>
<tr>
<th>D1</th>
<th>Screening and Ongoing Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>D2</td>
<td>Programming</td>
</tr>
<tr>
<td>D3</td>
<td>Teaching</td>
</tr>
<tr>
<td>D4</td>
<td>Coaching</td>
</tr>
<tr>
<td>D5</td>
<td>Nutrition and Lifestyle</td>
</tr>
<tr>
<td>D6</td>
<td>Class Management and Professional Responsibilities</td>
</tr>
</tbody>
</table>
CCFT STUDY MATERIALS

ALL DOMAINS

CrossFit Kids Training Guide & Workbook

CrossFit Level 1 Training Guide
https://journal.crossfit.com/article/training-guide-compiled

CrossFit Level 2 Training Guide & Workbook

CrossFit Masters Training Guide & Workbook

PRIMARY DOMAIN: SCREENING AND ONGOING ASSESSMENT (D1)

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

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

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/
Aging, Performance and Health. (PDF) Kilgore L. 2015 (Nov.)

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

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

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

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

Don't Waste The Warm-Up. (PDF) Warkentin M. 2017 (Oct. 5)


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

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

Pre-Participation Screening. (VIDEO) Ray M. 2009 (June 3)
http://journal.crossfit.com/2009/06/pre-participation-screening.tpl
Shoulder Impingement. (VIDEO) Starrett K. 2009 (May 15)
https://journal.crossfit.com/article/shoulder-impingement
D1 D3 D4

The Measure of Man. (PDF) Kilgore L. 2008 (July 1)
https://journal.crossfit.com/article/the-measure-of-man
D1 D3

The Mind Game. (PDF) Shrago S. 2010 (March)
D1 D4

Why use a training log? (PDF) Harrison G. 2011 (July)
D1 D2 D4

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4262933/pdf/nihms639095.pdf
D1 D3 D4

**PRIMARY DOMAIN: PROGRAMMING (D2)**

A Deft Dose of Volume. (PDF) Hobart J. 2016 (March)
D1 D2 D3 D4

A Theoretical Template For CrossFit's Programming. (PDF) Glassman G. 2003 (Feb.)
https://journal.crossfit.com/article/a-theoretical-template-for-crossfits-programming-2
D2

Adaptation for Fitness. (PDF) Kilgore L. 2010 (Jan. 19)
https://journal.crossfit.com/article/adaptation-for-fitness
D2 D3

Benchmark Workouts. (PDF) Glassman G. 2003 (Sept. 1)
D2
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)

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
D2 D3 D6

Forcing the Issue. (PDF) Kilgore L. 2009 (Sept. 24)
https://journal.crossfit.com/article/forcing-the-issue
D3 D4

D1 D2 D3 D4

Getting Inverted. (PDF) Tucker J and Hyland D. 2011 (Sept. 30)
https://journal.crossfit.com/article/getting-inverted
D3

Getting Some Leverage. (PDF) Kilgore L. 2010 (May 1)
D1 D3

Handstand Push-Up-Progression With Carl Paoli: Step 2. (VIDEO) Paoli C. 2011 (Aug. 4)
D3

How to Breathe When Squatting. (WEBLINK) Horschig A. 2016 (Feb.)
https://squatuniversity.com/2016/02/12/the-squat-fix-core-stability-proper-breathing/
D3 D4

Proper Bench Technique. (VIDEO) Sweatt S. and Phelps-Sweatt L. 2011 (Dec. 27)
https://journal.crossfit.com/article/proper-bench-technique
D3 D4

D3 D4

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

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

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

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

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

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

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

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

PRIMARY DOMAIN: COACHING

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

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

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

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

Infinity Wall Movement Library. (VIDEO) CrossFit. YouTube. 2017 (Oct. 7)
https://www.youtube.com/playlist?list=PLdWvFCOAyvyr1qYhgPz -wnCcTO7VHdFo

Movement 101. (PDF) Kilgore L. 2009 (Jan. 29)

Pursuit of Excellence With Greg Glassman. (VIDEO)

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

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

Strategies for a Seven Minute 2K on the Concept II Rower. (PDF) Glassmen G. 2002 (Nov.)
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. (WEBLINK) Synkowski EC. 2016 (Oct. 31)

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

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

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

Nutrition Data. (WEBLINK)
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)

Scope of Practice - CCFT Handbook

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
D3  D6

When You Don't Know Squat About Regulations. (CFJ) Kilgore L. 2018 (Feb.)
https://journal.crossfit.com/article/value-kilgore-2
D6

https://journal.crossfit.com/article/where-barbells-come-from
D6

Team Workouts. (PDF) Glassman G. 2003 (Oct.)
http://library.crossfit.com/free/pdf/14_03_Team_Workouts.pdf
D6