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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

Attempting to memorize the material in all of the references will not be the best approach to prepare for this examination. Some exam items have been derived directly from these references; however, the majority of answers require a strong knowledge of the concepts presented and the ability to apply that knowledge to various training scenarios.

Further, this reference list is not intended to be exhaustive. In addition to helping candidates prepare for the test, the purpose of the Study Material is to provide a means to assess one’s relative strengths and weakness in each of the areas. Based on their familiarity with the content, candidates need to proactively find resources to fill in potential gaps in their knowledge or experience.

**DOMAIN KEY**

- **D1** Screening and Ongoing Assessment
- **D2** Programming
- **D3** Teaching
- **D4** Coaching
- **D5** Nutrition and Lifestyle
- **D6** Class Management and Professional Responsibilities
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. and 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

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
D2
Dissecting the Fish: Plotting Progress in Multi-Modal Training. (PDF) Kilgore L. 2008 (May)
D2 D3

End of the Line. (PDF) Mason C. 2010 (Sept. 24)
D2

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5534159/
D1 D2 D3 D4 D6

Fooling Around With Fran. (PDF) Glassman G. 2005 (March 1)
https://journal.crossfit.com/article/fooling-around-with-fran
D2 D3

Human Power Output and CrossFit Metcon Workouts. (PDF) Leyland T. 2008 (July 1)
D2

IWCAbTAMD. (PDF) Dr. Platek S., Porter J., and Walters T. 2008 (July 1)
https://journal.crossfit.com/article/iwcabtamd-2
D2 D3

No Limits. (PDF) Cochran C. 2010 (June 21)
https://journal.crossfit.com/article/no-limits
D1 D2 D5

Periodizing for the Games. (VIDEO) Bergeron B. 2012 (Aug.)
https://journal.crossfit.com/article/periodizing-for-the-games
D2

https://journal.crossfit.com/article/cfj-pregnancy-a-practical-guide-for-scaling
D2 D4

Scaling CrossFit Workouts. (PDF) Gordon J. 2015 (Oct.)
D2 D3 D4 D6
The High-Performance Pregnancy. (PDF) Nitz A. 2008 (Dec.)

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

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

www.crossfit.com FAQ WOD
https://www.crossfit.com/cf/faq?q=wod

Primary Domain: TEACHING (D3)

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

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

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

Charting a Course to Intensity. (PDF) DeGain J. 2018 (Sept. 19)
https://journal.crossfit.com/article/charter-degain

Forcing the Issue. (PDF) Kilgore L. 2009 (Sept. 24)
https://journal.crossfit.com/article/forcing-the-issue
Fundamentals, Virtuosity, and Mastery An Open Letter to CrossFit Trainers. (PDF)
Glassman G. 2005 (Aug.)
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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 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)
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
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The Glute-Ham Developer Sit-Up. (PDF) Glassman G. 2005 (Oct.)
https://journal.crossfit.com/article/ghd-sit-up-2
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

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=PLdWvFCOAvyr1qYhgPz_wnCcxt07VHdFo

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

Next Level Coaching: The Squat Stance. (WEBLINK) Lodin M. 2016 (Dec. 12)

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
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The Pursuit of Excellence. (PDF) Bergeron B. 2012 (Dec. 17)
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Primary Domain: NUTRITION (D5)

Beyond Calories. (PDF) Giardina M. 2018 (Jan 25)
D5

Cancer, Carbs, and Controversy. (PDF) Saline B. 2016 (July)
D5

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
D5

How to Understand and Use the Nutrition Facts Label. (WEBLINK) US FDA. 2004
https://www.fda.gov/food/labelingnutrition/ucm274593.htm
D5

Low Carbs and Lipids. (WEBLINK) Eades M. 2008 (Jan. 7)
D5

Make Your Life Better: Get Horizontal. (PDF) Beers E. 2013 (Jan.)
D1 D5

Milking Fact From Intolerance. (PDF) Kilgore L. 2008 (Oct. 30)
D5
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
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Simple Nutrition: Part 5. (VIDEO) Synkowski EC. 2012 (July)
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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
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Sugar Bombs. (PDF) Beers E. 2015 (July)
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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
D1 D5

What Is the Glycemic Index? (WEBLINK) Eades M. 2006 (Nov. 7)
www.proteinpower.com/drmike/metabolism/what-is-the-glycemic-index/
D5

D1 D5 D6

Primary Domain: CLASS MANAGEMENT AND PROFESSIONAL RESPONSIBILITIES (D6)

http://journal.crossfit.com/2012/10/bloodspillcleanup.tpl
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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.)
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USA Weightlifting Safety in Weightlifting. (PDF) USAWL
https://www.teamusa.org/-/media/USA_Weightlifting/Documents/Weightlifting-101/
USA-Weightlifting-Safety-in-Weightlifting.pdf
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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
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