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Nasm non proctored exam

You have two options for the exam: Option 1 is the NASM Personal Trainer Certificate (Non-Proctored Exam) which allows 3 hours to complete 100 questions with a 70% passing grade. This exam is only online-based. Option 2, the NASM Certified Personal Trainer (NCCA Accredited Certification Exam), has a proctored closed-book format with 120 questions and a scaled score requirement of 70 or higher within a 2-hour time frame. The NASM offers two personal trainer certificate testing options: a proctored exam and an open-book Personal Trainer Certificate test that can be taken from home. Both exams use the same study materials, and it typically takes only four weeks to prepare for either one. The cost of both exams is included in the CPT course package, providing flexibility in choosing which path to pursue. Having an open book exam option allows aspiring trainers to start their journey sooner and provides a more convenient learning approach. When to take a proctored or open book exam, and how they differ Taking an exam is often a stressful experience, but having options can make all the difference. NASM offers two types of exams: proctored and open book. Proctored exams require advance planning, often weeks in advance, and are typically taken at a specific time. In contrast, open book exams are available at your convenience and offer more flexibility for those with hectic schedules. The open book exam option has several benefits. Firstly, it provides an additional 20 fewer questions compared to the proctored exam, and a generous 3-hour window to complete 100 questions. This extended timeframe can lead to reduced stress and provide an opportunity to build confidence, especially if you plan to take the proctored exam in the future. Moreover, the open book exam allows test takers three attempts to pass with a minimum score of 70%, which can significantly alleviate test anxiety and boost chances of success. Additionally, it tests not only memorization but also the ability to locate and apply information effectively, mirroring real-world scenarios where fitness professionals have access to resources while making decisions. However, some employers may still require NCCA-accredited certification, so it's essential to consider this factor when choosing a CPT exam. Deciding on a career path also involves considering insurance requirements. Some liability insurance companies demand NCCA certification before offering coverage, so it's wise to contact them prior to selecting an exam option to understand their specific prerequisites. Both exam types necessitate discipline in your study schedule, whether you have the open-book format or not. However, there is a key difference between the two. The proctored exam sets a deadline for completion after scheduling, which can help maintain focus. In contrast, the "on-demand" open book exam requires self-motivation to stick to your study plan and eventually finish the exam. It's never too late to return to education, especially with NASM's top-notch curriculum available. Earning your NASM credentials alongside furthering your education and training prepares you for success in the fitness industry. Whether you're thinking of formal education or career-specific learning, NASM offers everything needed to build a bright future in this field. Read on: "How to Pass NASM Personal Training Certification Exam (2024)"