



**NATIONAL COUNCIL ON STRENGTH & FITNESS**

*Let it be known that*

**Nadezda Kostovalova**

**Renewal Date:**

9/30/2013

*has successfully completed the requirements of the  
NCSF Personal Trainer Certification Program  
and has earned the title of*

**Certification No:**

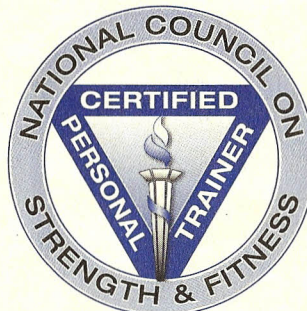
2710656

**Certified Personal Trainer**

*Monday, September 19, 2011*

A handwritten signature in blue ink that reads "Robert Crabtree".

NCSFBC Chairman



A handwritten signature in blue ink, which is illegible.

NCSF Executive Director



## NATIONAL COUNCIL ON STRENGTH & FITNESS Examination Score Report

**Exam Candidate:** NADEZDA KOSTOVALOVA  
**Candidate ID:** 000-00-00DL  
**Examination Title:** Certified Personal Trainer

**Date:** September 17, 2011 10:38:22 AM  
**Exam Site Number:** 3512

**Required Passing Score:** 62 %  
**Your Score:** 84 %

**Status:** Pass

|                                                                               | Number of Questions | Percent Correct |
|-------------------------------------------------------------------------------|---------------------|-----------------|
| <b>Section I</b><br>Functional Anatomy                                        | 19                  | 94%             |
| <b>Section II</b><br>Exercise Physiology                                      | 16                  | 92%             |
| <b>Section III</b><br>Health and<br>Physical Fitness                          | 16                  | 67%             |
| <b>Section IV</b><br>Screening and<br>Evaluation                              | 20                  | 76%             |
| <b>Section V</b><br>Nutrition                                                 | 14                  | 83%             |
| <b>Section VI</b><br>Weight Management                                        | 12                  | 100%            |
| <b>Section VII</b><br>Exercise Prescription and<br>Programming Considerations | 22                  | 83%             |
| <b>Section VIII</b><br>Training Instruction                                   | 24                  | 80%             |
| <b>Section IX</b><br>Considerations for<br>Special Populations                | 7                   | 80%             |

Congratulations, you have passed the NCSF certification examination and in doing so have earned the NCSF-CPT credential. You will receive your official

