

# NFPT Exam Study Guide

## 1. The five components of physical health

**ANS** Cardiorespiratory conditioning, muscular endurance, muscular strength, flexibility, body composition

## 2. SPICES

**ANS** Social health, physical health, intellectual Health, cognitive health, emotional health, spiritual health

## 3. Cardiorespiratory conditioning

**ANS** Endurance

## 4. Muscular endurance

**ANS** The amount of strength that can be repeated several times

## 5. Muscular strength

**ANS** The amount of strength in one repetition

## 6. Flexibility

**ANS** The range of motion in given joints

## 7. Body composition

# Nfpt Study Guide

**JR Anderson**

**Nfpt Study Guide:**

## **Nfpt Study Guide** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nfpt Study Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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