

NASM Personal Trainer Study Guide

5 Phases of OPT Model

(Ans-

- Stabilization Endurance
- Strength Endurance
- Muscular Development
- Maximal Strength
- Power

Homeostasis

(Ans- Human body ability to respond to stress and make changes to maintain optimal health and physiological functioning.

Acute Disease

(Ans- medical condition that occurs suddenly and can be treated and healed in a short period of time e.g. bronchitis. Left untreated bronchitis could become a chronic illness.

Chronic Disease

(Ans- a medical condition that persists long term e.g. emphysema.

Ischemic Heart Disease

(Ans- Narrowing of coronary arteries which supply blood and oxygen to the heart.

Atherosclerosis

(Ans- Plaque is formed in the arteries, leading to reduced blood flow to the heart or brain.

Hypertension

(Ans- Blood pressure greater than 120/80 (systolic/diastolic).

Nasm Guide

**Smithsonian Institution, Diane Vogt-
O'Connor**



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Guide to Assembly Language Programming in Linux Sivarama P. Dandamudi, 2005-07-15 Introduces Linux concepts to programmers who are familiar with other operating systems such as Windows XP Provides comprehensive coverage of the Pentium assembly language

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Guide to Photographic Collections at the Smithsonian Institution: National Air and Space Museum Smithsonian Institution, Diane Vogt-O'Connor, 1989

The Official Railway Guide, 1882

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