

ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015

FITT-VP: Exercise Prescription Framework

F= Frequency, I= Intensity, T= Time, V= Volume, and P= progression

CARDIORESPIRATORY FITNESS: Aerobic fitness

3-5 days a week, depending on intensity

Go beyond baseline to lose weight (150 mins +)

Volume → measured by MET (500-1000)

MUSCULAR FITNESS: Muscular strength (1RM) and Muscular Endurance (hold contraction)

2-3 days a week (48 HOURS between using each muscle group)

Intensity: 8-12 reps @ 60%-80%

10-15 reps @ 40-50%

Sets/Volume: Each muscle → 2-4 sets, 2-3 mins between each set

ALWAYS train opposing muscle group as well!

Progression: Many ways → add weight, add sets, add reps, add more training days

FLEXIBILITY: Improve joint range of movement → 10 mins/4 reps each stretch

Hold stretches for 10-30 secs where it is tight

NEUROMOTOR EXERCISE: Great for elderly/ people who are fall risks

Includes balance, coordination, agility, and proprioceptive training

2-3 days a week

Intensity: Changes in 3 ways → Base of support, center of mass, peripheral cues

Tai chi, Yoga, Pilates (walking balance, seated balance, standing balance)

ADVANCED TRAINING: Plyometrics → improve power, agility, speed (jumping training)

Resistance Training → weight training/strength training

Came about during WWII

Should be guided by evidence, not testimony

SAID → Specific Adaptations to Imposed Demands (more reps, more endurance the muscle builds)

PROGRAM DESIGN: Always needs to be changed overtime for progress

Do initial assessments (goals, time frame, health issues, target areas)

Asses → body composition, anthropometric measurements, endurance

Follow up assessment: Keep logs, always customize to the clients physiological needs, ask for feedback → always listen to your client and read their body language

AFFECTS OF OVERTRAINING: Delayed Onset Muscle Soreness (DOMS)

DOMS is not a goal. Soreness should be 3 on scale from 0-10

HYDRATE

*diuretics can influence tissue damage

Rhabdomyolysis → Rapid breakdown of tissue in high amounts

Personal Training Study Guide

**Sports Performance and Resistance
Training Association, Sports
Performance and Resistance Traini**

Personal Training Study Guide:

NASM Essentials of Personal Fitness Training ,2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions *Personal Trainer Practice Test* Joe Cannon,2012

ACE Personal Trainer Manual Ace Personal Training Manual Prep Team,Ace Personal Trainer Study Prep Team,2018-05-16 ACE Personal Trainer Study Guide 2018 2019 and ACE Personal Trainer Exam Prep Book for the American Council on Exercise Personal Training Certification Exam [Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition](#) National Academy of Sports Medicine,2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine s NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided **Ace Personal Trainer Study Manual: Ace Personal Training Prep Book and Practice Test Questions** Ace Personal Trainer Study Guide

Team,2015-12-21 When it comes to the ACE Personal Trainer Certification Exam you want to be prepared and you will be with our book designed to making studying fun and easy You don t want to waste time and money taking your ACE Personal Trainer Certification exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACE Personal Trainer Certification but realize too late when they get their score back that they were not ready at all They weren t incapable and they certainly did their best but they simply weren t studying the right way There are a variety of methods to prepare for the ACE Personal Trainer Certification and they get a variety of results Trivium Test Prep s ACE Personal Trainer Certification Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the ACE Personal Trainer Certification can cost you precious time money and effort that you shouldn t have to spend What is in the book In our ACE Personal Trainer Certification study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions to ensure that you master the material Best of all we show you how this information will be applied on the real exam ACE Personal Trainer Certification practice questions are included so that you can know without a doubt that you are prepared Our study guide is streamlined and concept driven not filled with excess junk silly attempts at humor or confusing filler so you get better results through more effective study time

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Being a certified personal trainer can be rewarding You can help patients with workout and exercise routines as well as many rehabilitation procedures and functions However to become a CPT you must complete the NASM CPT exam The National Academy of Sports Medicine has established the CPT exam to confirm that people who want to enter the field are qualified to do so This guide focuses on the six main domains of the NASM CPT exam relating to how the human body functions This guide also includes a series of questions that you can use in your studies and your preparation for the exam Your success on the NASM CPT exam is critical to your future in the industry You will be capable of doing more with your work as a CPT once you have successfully completed the exam **NASM Certified Personal Trainer Exam Prep 2020-2021** Ascencia Personal Training Exam Prep Team,2020-01-15 *ACE Personal Trainer Study Guide 2019-2020* Trivium Personal Trainer Prep Team,2018-09 You're probably thinking this is just another typical study guide Because we know your time is limited we've created a product that isn't like most study guides With Trivium Test Prep's unofficial ACE Personal Trainer Study Guide 2019-2020 Exam Prep and

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Personal Trainer Manual, Business Guide, Study Guide, and Practice Exams Sports Performance and Resistance Training Association, Sports Performance and Resistance Traini, 2017-07-31 This book contains a general personal trainer manual accompanied by study guides lesson plans and practice exams from beginner to intermediate It should serve as preparatory information for those wanting to pursue certification from other industry organizations For those trainers who or or wish to work for themselves a business guide is included covering everything a fitness professional needs to know regarding finance operations sales and marketing of a personal training company The material is organized as a workbook and can be written in directly Other resources such as forms or templates referenced can be downloaded through the links provided

Personal Fitness Trainer Certification Study Guide Aerobics and Fitness Association of America, 2006 **NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine** Jenny Schaefer, 2021-04-30 If you want to pass the NASM Exam but don t have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text format so that you can bring it anywhere It s sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions and Answers MUCH MUCH MORE Each section is divided into subsections making sure all aspects of the exam are covered If you read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam **NASM Certified Personal Trainer Exam Prep** C. P. T. Exam Prep Team, 2017-04-04 A concise study guide that highlights the information required to pass the National Academy of Sports

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The NASM National Academy of Sports Medicine Certified Personal Trainer Exam Study Guide

Scientia Media Group,Jason Rush,2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified

personal trainers are needed more than ever but before you can become one there s the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National

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