

## ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015

### FITT-VP: Exercise Prescription Framework

F= Frequency, I= Intensity, T= Time, T= Type, 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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*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 Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your ability As you study from this book you will be provided with vital information that will help you prepare In this book you will be guided through how to study for this exam from the anatomical systems to nutrition and biomechanics You ll discover how to assess your clients and design the best programs for them no matter their current health or fitness status You ll be given guidance through several different exercises how to build the client relations Finally you will be guided through understanding the professional development necessary and your own responsibilities to maintain an ethical approach to treating and training clients As you read you will also be presented with several questions designed to test you on the most important information By going through this study guide you boost your chances at successfully passing the exam The NASM CPT may be the hardest of the exams but with this study guide you ll have the information to pass in the palm of your hands

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