

# **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).

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