

# **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 Personal Trainer Study Guide

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## **Nasm Personal Trainer Study Guide:**

NASM Study Guide Nasm Cpt Exam Prep Team,2017-05-03 NASM Study Guide NASM Personal Training Book Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM CPT Exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Technique and Training Instruction Client Relations and Behavioral Coaching Professional Development and Responsibility Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

## **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 Exam Prep* C. P. T. Test Prep Team,2018-10-07 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

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### **Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine**

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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

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*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 Medicine NASM CPT Exam to become a certified personal trainer. The content in this study guide is presented in an easy to read format that helps to comprehend and retain the information. This study guide is organized in the following six performance domains:

Domain	Percentage
Domain 1: Basic and Applied Sciences and Nutritional Concepts	17%
Domain 2: Assessment	18%
Domain 3: Program Design	21%
Domain 4: Exercise Technique and Training Instruction	22%
Domain 5: Client Relations and Behavioral Coaching	12%
Domain 6: Professional Development and Responsibility	10%

Includes quick reference pages for Areas of Focus, Formulas, Conversions, and more. Includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like. Includes detailed practice question answers with explanations on how the answers were obtained. Includes detailed descriptions of Assessments, Nervous, Muscular, Skeletal Systems, Nutrition, Term definitions, Training Modalities, and more.

**NASM CPT Study Guide**  
Joshua Rueda, 2021-12-22

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**NASM Study Guide** Ascencia, 2020-08-12

**Nasm Personal Trainer**

## **Exam Study Guide: Nasm Test Review for the National Academy of Sports Medicine Board of Certification**

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Matthew Bowling, 2023-05-15 Mometrix Test Preparation's NASM CPT Study Guide 2023-2024 NASM Personal Trainer Certification Exam Secrets Book is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes Practice test questions with detailed answer explanations Tips and strategies to help you get your best test performance A complete review of all NASM test sections NASM R is a registered trademark of the National Academy of Sports Medicine who does not endorse nor is affiliated in any way with the owner of or any content in this product The Mometrix guide is filled with the critical information you will need in order to do well on your NASM exam the concepts procedures principles and vocabulary that the National Academy of Sports Medicine Board of Certification NASM BOC expects you to have mastered before sitting for your exam The Basic and Applied Sciences section covers Anatomy and Exercise Physiology Considerations in Nutrition The Assessment section covers Subjective Assessment Special Population Risk Factors Objective Assessment The Program Design and Implementation section covers

OPT Model Flexibility Training Cardiorespiratory Training Core Stabilization Training Balance Training Reactive Training SAQ Training Integrated Resistance Training The Client Relations and Behavioral Coaching section covers Stages of Change Model Client Goal Setting Customer Service Acquiring Clients The Professional Development and Responsibility section covers Code of Ethics Emergency Aid and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren't simply named or described in passing but are explained in detail The Mometrix NASM study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it's written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that's another area where our guide stands out The Mometrix test prep team has provided plenty of NASM practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear We've helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We've done this by setting high standards for Mometrix Test Preparation guides and our NASM CPT Study Guide 2023-2024 NASM Personal Trainer Certification Exam Secrets Book is no exception It's an excellent investment in your future Get the NASM review you need to be successful on your exam **NASM**

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