

# NASM-CPT EXAM STUDY GUIDE

Which of the following nutrition professionals is nationally recognized by the Commission on Dietetic Registration to provide clinical, community, food service, and nutrition education? - Answer- Registered Dietitian Nutritionist

What is characterized as the local muscle of the core - Answer- Transverse abdominis

What is the finished hand position when performing the ball cobra exercise - Answer- Thumbs pointing up

What is end-systolic volume - Answer- the amount of blood remaining in the ventricle after contraction

what type of communication includes posture, hand gestures, proximity to others, and facial expressions? - Answer- nonverbal communication

what is the neuromuscular phenomenon that occurs when a synergist muscle takes over for a weak or inhibited muscle - Answer- synergistic dominance

which three senses are involved in the balance system - Answer- visual, vestibular, and somatosensory systems

what type of imagery occurs when a client imagines health-related outcomes - Answer- appearance imagery

what component of breathing improves blood flow back to the heart - Answer- inspiration with a decrease in intrathoracic pressure

which muscle would be considered under-active, leading to shoulder elevation during the pushing assessment? - Answer- lower trapezius

what rate of O<sub>2</sub> utilization defines 1 metabolic equivalent (MET), a value representing the amount of O<sub>2</sub> utilized at true rest? - Answer- 3.5 mL/kg/min

what blood pressure is reflective of a hypertensive crisis? - Answer- A systolic reading greater than 180 mm Hg and/or a diastolic reading greater than 120 mm Hg

# Nasm Cpt Study Guide 4th Edition

**Nasm Cpt Exam Prep Team**

## Nasm Cpt Study Guide 4th Edition:

**Nasm CPT Study Guide 2025-2026 - 3 Full-Length Practice Tests, Nasm Personal Trainer Certification Exam Secrets Book** Matthew Bowling, 2024-11-13 Mometrix Test Preparation's NASM CPT Study Guide 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 3 practice tests available in online interactive format. All 3 of these are printed in the guide. 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. Test sections include Basic and Applied Sciences and Nutritional Concepts, Client Relations and Behavioral Coaching, Assessment Program Design, Exercise Technique and Training Instruction, Professional Development and Responsibility, 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. All 3 practice tests are available to take in online interactive format, allowing you to immediately score your test and see what you got wrong. We've also printed all 3 practice tests in your guide for offline reference. 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. 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.

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their techniques Case studies demonstrate how the entire process can be implemented from assessment to program design To help you capitalize on the specialized skills outlined in this text the final section of the book explains how to create and manage a corrective exercise business It covers information on networking and referral systems tips for staying within scope of practice and marketing and promotion methods for attracting and retaining clients The strategies and techniques in this book proven successful by thousands of The BioMechanics Method corrective exercise specialists will enable you to develop distinctive musculoskeletal assessments and corrective exercise skills that can swiftly eliminate pain and improve physical function for your clients Note A code for accessing online videos is included with this ebook [The BioMechanics Method for Corrective Exercise](#) Price, Justin,2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function [American Book Publishing Record](#) ,2007

**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 CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine](#) Jenny Schaefer,2021-05-03 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 audio format so that you can listen to it wherever life takes you 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 MUCH MUCH MORE Conclusion Each section is divided into subsections making sure all aspects of the

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