

Nasm CPT Final Exam Study Guide with Complete Solution

Proprioception -Answer- The body's ability to sense the relative position of adjacent parts of the body

Ex: when walking our feet give us proprioception about the type of surface we are on.

Mechanoreceptors -Answer- specialized structures that recognize pressure in tissue and transmit signals to sensory nerves.

Muscle Spindles -Answer- sensory receptors in the muscles that are parallel to the muscle fibers and are sensitive to change in muscle length. Spindles stretch with muscle and sends information to CNS.

helps to prevent muscles from stretching too far or too fast

Golgi Tendon Organs -Answer- sensory receptors that are located at the point where the skeletal muscle fibers insert into the tendon. Sensitive to change in tension at the rate of change

causes the muscle to relax

Epimysium -Answer- connective tissue UNDER fascia that acts as an outer layer of the whole muscle

Perimysium -Answer- connective tissue acts as an outer layer of fascicles

Endomysium -Answer- between the individual muscle fibers

Type 1 Muscle Fiber -Answer- "slow-twitch", smaller in size, less force produced, long-term contractions (stabilization)

Type 2 Muscle Fiber -Answer- fast twitch, larger, quick to fatigue, force and power exercises

Agonist -Answer- PRIME MOVER, main muscles

ex: chest press-> pectoralis major

Synergist -Answer- ASSIST PRIME MOVER,

ex: chest press -> ant deltoid, triceps

Stabilizer -Answer- stabilizes while prime mover and assist work.
chest press -> rotator cuff

Antagonist -Answer- Oppose Prime mover,
chest press -> posterior delt

Nasm Certification Study Guide

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Team**

Nasm Certification Study Guide:

NASM CPT Study Guide CORNELL BUFFET, Become a NASM Certified Personal Trainer Faster Smarter and With Total Confidence Passing the NASM CPT exam doesn t have to feel overwhelming With this complete study companion you get a streamlined easy to understand and highly effective roadmap to mastering every domain of the exam and becoming the fitness professional you re meant to be This all in one guide breaks down complex topics into simple memorable explanations delivering 23 power packed chapters 800 practice questions and detailed answer explanations designed to transform your knowledge sharpen your skills and eliminate test anxiety Whether you re just starting your fitness career or leveling up your expertise this book gives you everything you need to pass your exam on the first try Your Success Starts Here Whether you re a first time test taker or retesting with renewed determination this book equips you with the tools strategy and confidence needed to walk into the exam prepared and walk out a certified NASM CPT Start studying smarter today and become the trainer clients trust

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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

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