
NASM CPT FINAL EXAM STUDY GUIDE WITH CORRECT ANSWERS 2025/2026

Specific adaptation to imposed demands (SAID) Principle - CORRECT-ANSWER: states that the body will adapt to the specific demands being placed on it

Acute Variables - CORRECT-ANSWER: important components that specify how each exercise is to be performed

Training Volume - CORRECT-ANSWER: AMOUNT of physical training performed in a specified period.

Training Frequency - CORRECT-ANSWER: number of training sessions performed during a specific period (usually 1 week)

Training Duration - CORRECT-ANSWER: timeframe from the start of the workout to the end OR length of time (weeks) spent in one phase of training

Nutrition - CORRECT-ANSWER: process by which a living organism assimilates food and uses it for growth and repair of tissues

Calorie - CORRECT-ANSWER: expression of energy, equal to 1,000 calories

Essential Amino Acids - CORRECT-ANSWER: 1. Isoleucine

- 2. Leucine
- 3. Lysine
- 4. Methionine
- 5. Phenylalanine
- 6. Threonine
- 7. Tryptophan
- 8. Valine

Nasm Study Guide Cpt Answers

M Walker

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Whispering the Secrets of Language: An Mental Journey through **Nasm Study Guide Cpt Answers**

In a digitally-driven world where displays reign great and quick conversation drowns out the subtleties of language, the profound secrets and mental nuances hidden within words often get unheard. However, situated within the pages of **Nasm Study Guide Cpt Answers** a captivating literary prize blinking with natural emotions, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the mental depths of this poignant review, we shall embark upon a sincere exploration of the book is core themes, dissect their captivating writing type, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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