

# NFPT Exam Study Guide

## 1. The five components of physical health

**ANS** Cardiorespiratory conditioning, mus-cular endurance, muscular strength, flexibility, body composition

## 2. SPICES

**ANS** Social health, physical health, intellectual Health, cognitive health, emo-tional health, spiritual health

## 3. Cardiorespiratory conditioning

**ANS** Endurance

## 4. Muscular endurance

**ANS** The amount of strength that can be repeated several times

## 5. Muscular strength

**ANS** The amount of strength in one repetition

## 6. Flexibility

**ANS** The range of motion in given joints

## 7. Body composition

# Nfpt Study And Reference Guide

**Barbara Maughan**



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