

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).

Personal Trainer Study Guide

Peipei Pang



Personal Trainer Study Guide:

Personal Trainer Practice Test Joe Cannon, 2012 Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided **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 exam Your success on the NASM CPT exam is critical to your future in the industry You will be capable of doing more with your work as a CPT once you have successfully completed the exam **ACE Personal Trainer Manual** Ace Personal Training Manual Prep Team, Ace Personal Trainer Study Prep Team, 2018-05-16 ACE Personal Trainer Study Guide 2018 2019 and ACE Personal Trainer Exam Prep Book for the American Council on Exercise Personal Training Certification Exam

ACE Personal Trainer Study Guide Trivium Test Prep (Firm)., 2013-06-19 When it comes to the ACE Personal Trainer Certification Exam you want to be prepared and you will be with our book designed to making studying fun and easy You don't want to waste time and money taking your ACE Personal Trainer Certification exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACE Personal Trainer Certification but realize too late when they get their score back that they were not ready at all They weren't incapable and they certainly did their best but they simply weren't studying the right way There are a variety of methods to prepare for the ACE Personal Trainer Certification and they get a variety of results Trivium Test Prep's ACE Personal Trainer Certification Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the ACE Personal Trainer Certification can cost you precious time money and effort that you shouldn't have to spend What is in the book In our ACE Personal Trainer Certification study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions to ensure that you master the material Best of all we show you how this information will be applied on the real exam ACE Personal Trainer Certification practice questions are included so that you can know without a doubt that you are prepared Our study guide is streamlined and concept driven not filled with excess junk silly attempts at humor or confusing filler so you get better results through more effective study time Why spend days or even weeks reading through meaningless

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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

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