

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

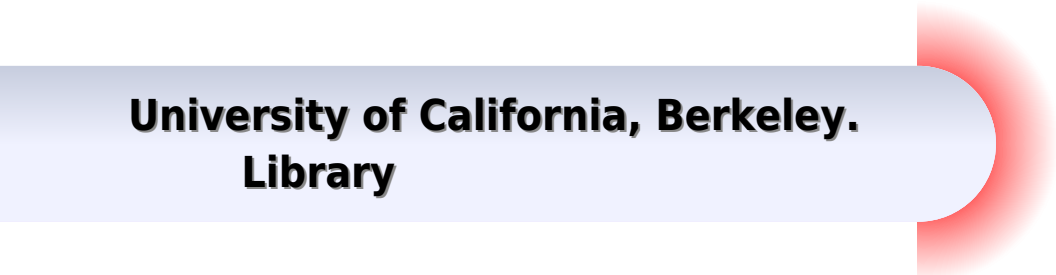
6. Flexibility

ANS The range of motion in given joints

7. Body composition

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