

ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015

FITT-VP: Exercise Prescription Framework

F= Frequency, I= Intensity, T= Time, T= Type, V= Volume, and P= progression

CARDIORESPIRATORY FITNESS: Aerobic fitness

3-5 days a week, depending on intensity

Go beyond baseline to lose weight (150 mins +)

Volume → measured by MET (500-1000)

MUSCULAR FITNESS: Muscular strength (1RM) and Muscular Endurance (hold contraction)

2-3 days a week (48 HOURS between using each muscle group)

Intensity: 8-12 reps @ 60%-80%

10-15 reps @ 40-50%

Sets/Volume: Each muscle → 2-4 sets, 2-3 mins between each set

ALWAYS train opposing muscle group as well!

Progression: Many ways → add weight, add sets, add reps, add more training days

FLEXIBILITY: Improve joint range of movement → 10 mins/4 reps each stretch

Hold stretches for 10-30 secs where it is tight

NEUROMOTOR EXERCISE: Great for elderly/ people who are fall risks

Includes balance, coordination, agility, and proprioceptive training

2-3 days a week

Intensity: Changes in 3 ways → Base of support, center of mass, peripheral cues

Tai chi, Yoga, Pilates (walking balance, seated balance, standing balance)

ADVANCED TRAINING: Plyometrics → improve power, agility, speed (jumping training)

Resistance Training → weight training/strength training

Came about during WWII

Should be guided by evidence, not testimony

SAID → Specific Adaptations to Imposed Demands (more reps, more endurance the muscle builds)

PROGRAM DESIGN: Always needs to be changed overtime for progress

Do initial assessments (goals, time frame, health issues, target areas)

Asses → body composition, anthropometric measurements, endurance

Follow up assessment: Keep logs, always customize to the clients physiological needs, ask for feedback → always listen to your client and read their body language

AFFECTS OF OVERTRAINING: Delayed Onset Muscle Soreness (DOMS)

DOMS is not a goal. Soreness should be 3 on scale from 0-10

HYDRATE

*diuretics can influence tissue damage

Rhabdomyolysis → Rapid breakdown of tissue in high amounts

Personal Training Study Guide

Jenny Schaefer



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Table of Contents Personal Training Study Guide

1. Understanding the eBook Personal Training Study Guide
 - The Rise of Digital Reading Personal Training Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Training Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Training Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Training Study Guide
 - Personalized Recommendations
 - Personal Training Study Guide User Reviews and Ratings

- Personal Training Study Guide and Bestseller Lists
- 5. Accessing Personal Training Study Guide Free and Paid eBooks
 - Personal Training Study Guide Public Domain eBooks
 - Personal Training Study Guide eBook Subscription Services
 - Personal Training Study Guide Budget-Friendly Options
- 6. Navigating Personal Training Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Personal Training Study Guide Compatibility with Devices
 - Personal Training Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Training Study Guide
 - Highlighting and Note-Taking Personal Training Study Guide
 - Interactive Elements Personal Training Study Guide
- 8. Staying Engaged with Personal Training Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Training Study Guide
- 9. Balancing eBooks and Physical Books Personal Training Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Training Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Personal Training Study Guide
 - Setting Reading Goals Personal Training Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Personal Training Study Guide
 - Fact-Checking eBook Content of Personal Training Study Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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