

# NFPT Exam Study Guide

## 1. The five components of physical health

**ANS** Cardiorespiratory conditioning, muscular endurance, muscular strength, flexibility, body composition

## 2. SPICES

**ANS** Social health, physical health, intellectual Health, cognitive health, emotional 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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*Become a Certified Personal Trainer (ebook)* Robert Wolff,2010-01-04 Head to toe preparation for a successful career in personal training Training authority Robert Wolff walks you through the core subject areas you need to pass certification and get started as a personal trainer Guiding trainers throughout the entire certification process Become a Certified Personal Trainer goes through sample questions and essays for each of the top exams and also provides much needed advice about the business side of the job Become a Certified Personal Trainers shows you An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition supplementation and weight management Physical preparation in and out of the gym Business lessons finding clients making yourself stand out from the competition and starting a savings plan Mistakes to avoid concerning training and business moves Real world examples from top personal trainers athletic trainers that share their experiences Whether becoming a trainer is your dream job or you re already in the field Robert Wolff provides everything you need to give your and your clients the best chance at success **Effective**

**Interventions for Children in Need** Barbara Maughan,2017-03-02 This book sets out the current state of knowledge about what works in reducing impairments to children s health and development Little and Maughan s book applies a high standard of proof and reproduces only the work of the leading intervention scientists from around the world After discussing the real world challenges to more effective children s services the book goes on to cover policy and practice proven to change the lives of all children and extends also to effective programmes targeted at children with specific disorders Examples include changes in household income early years support moving families to less disadvantaged communities improving parenting and using schools to better mental health The benefits of evidence based programmes are specified as are the costs to society of not intervening The evidence is used to make recommendations about getting effective policy and practice into routine use and includes illustrations of successful applications of these ideas *Consumer Sourcebook* ,2005

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