

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

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**Mometrix Teacher Certification Test
Team**

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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 trainingTraining 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 Trainergoes 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 Trainershows 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 experiencesWhether 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

Introduction to Kinesiology Shirl J. Hoffman,2009 Aimed at undergraduate students in sport and exercise science courses this text provides a comprehensive reader friendly overview of sports science laying a solid foundation for future learning and for working as a professional in any field relating to physical activity *Yearbook of International Organizations* ,2011 Edition for 1983 84 published in 3 vols vol 1 Organization descriptions and index vol 2 International organization participation vol 3 Global action networks *How to Study for Your Fnp Certification the Quick Way*. Tina Shropshire,2018-05-14 Tired of reading thick text books that have more information in them then you know what to do with or can even process Are you ready to read a book that will get straight to the point of what will actually be on your exam If so this book is for you This is a quick study guide specifically designed to help you study for the FNP boards without the over kill

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