

The Personal Fitness Trainer Study Guide

What do you need to Know? NESTA PFT Exam Domain Breakdown

Exercise Sciences (A&P, Biomech, Kines)	15%
Assessment, Safety and Prevention, Special Populations, Emergency Care	18%
Business	20%
Program Design	16%
Exercise Applications and Instruction	10%
Exercise Psychology	11%
Nutrition	10%
	100%

The PFT exam is multiple choice and there will be 125 questions. 100 questions will be graded, and the other 25 will be used as research for future exams. This is standard practice for most certification exams. The best way to prepare is to study a little over many days. Seek to understand, not memorize, or you will have a great challenge ahead of you. Try to study for one hour every day with the information in this study guide leading up to the workshop, then review your workbook information as you are guided through the workshop weekend. You must resign yourself to making learning an ongoing process, and not a short-term process, or you have already failed.

The science component of your exam includes nutrition, kinesiology, biomechanics, physiology, and functional anatomy. You must familiarize yourself with the basics of nutrition, understand the basic planes of movement and motion (kinesiology), recognize the internal and external forces and how these forces affect exercise application during movement (biomechanics), be conscious of the effects of exercise on the body during AND after exercise (physiology), and LASTLY, be aware of the function of the various muscles in movement. Muscles should be your least focus, not the greatest focus.

The assessments are evaluations of your client(s) on an ongoing basis and you must understand how to assess in a way that is beneficial to you AND your client(s).

Safety and injury prevention includes information to help keep your workouts safe, efficient, and effective. The business information is included as business is a key component to your success as a personal trainer. Since you are reliant upon gaining clients, your ability to communicate effectively, with respect, is of the utmost importance. If you do not have adequate rapport with your client, and buy-in to your methods and training ideas, neither you nor your client can succeed.

The program design section covers the basics of periodization (cycling of a fitness program to meet a desired goal or goals). You must understand where your client must start and how to progress your client based upon training age (training experience) and client goal(s), with recognition toward how the body adapts to exercise. This includes foundation training for function and movement control, strength endurance, hypertrophy, basic strength, and skill-related fitness (as it applies to power, speed, and sport training).

Lastly, you must be able to safely (least risk possible), efficiently (no wasted effort), and effectively (accomplishes desired goal), apply the proper exercises to meet your client's goals while taking into account the client's training age, proper biomechanics, and taking into account expected physiological responses to exercise and movement stress.

Nesta Personal Training Exam Study Guide

Mike Bates

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Personal Trainer Certification Exam Prep Course (2nd Edition) Katie Donnelly, Starting-a-Personal-Training-Business.com (Firm), 2009-09-03 If you are preparing to take a personal trainer certification exam then you are going to want to take our prep course Designed by the personal trainers at Starting a Personal Training Business com the course includes over 750 practice questions to help you pass your certification exam You don't just get a book but you also get free access to our online quizzes and a full length practice personal trainer exam Here is What You Get Over 750 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 28 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including certification specific sections on ACE ACSM AFAA ISSA NASM NCSF NSCA and NESTA 9 day online study planner to help you organize your study plan [Personal Trainer Certification Exam Prep Course](#) Katie Donnelly, Personal Trainers, 2008-04-25 If you are preparing to take a personal trainer certification exam then you are going to want to take our prep course Designed by the personal trainers at Starting a Personal Training Business com the course includes over 500 practice questions to help you pass your certification exam You don't just get a book but you also get free access to our online quizzes and a full length practice personal trainer exam Here is What You Get Over 500 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 20 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including ACE ACSM AFAA ISSA NASM NCSF NFPT NSCA NPTI NESTA WITS and many others Detailed 8 day online study planner to help you organize your studying guiding you through more than 15 hours of review **Afaa Certified Personal Fitness Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam Secrets** Afaa Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions AFAA Certified Personal Fitness Trainer Exam Secrets helps you ace the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam without weeks and months of endless studying Our comprehensive AFAA Certified Personal Fitness Trainer Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined AFAA Certified Personal Fitness Trainer Exam Secrets includes The 5 Secret Keys to AFAA Certified Personal Fitness Trainer Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of

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your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the ACE Personal Trainer Certification Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide *NASM Certified Personal Trainer Exam Prep* C. P. T. Exam Prep Team, 2017-04-04 A concise study guide that highlights the information required to pass the National Academy of Sports Medicine NASM CPT Exam to become a certified personal trainer The content in this study guide is presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following six performance domains Domain 1 Basic and Applied Sciences and Nutritional Concepts 17% Domain 2 Assessment 18% Domain 3 Program Design 21% Domain 4 Exercise Technique and Training Instruction 22% Domain 5 Client Relations and Behavioral Coaching 12% Domain 6 Professional Development and Responsibility 10% Includes quick reference pages for Areas of Focus Formulas Conversions that are required for exam Includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of Assessments Nervous Muscular Skeletal Systems Nutrition Term definitions Training Modalities more [NASM Study Guide](#) Ascencia, 2020-08-12 [NASM Certified Personal Trainer Exam Prep 2020-2021](#) Ascencia Personal Training Exam Prep Team, 2020-01-15 *Personal Trainer Practice Test* Joe Cannon, 2012 *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

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