
NFPT EXAM STUDY GUIDE-237 QUESTIONS FULLY SOLVED & UPDATED 2024

The five components of physical health - answer Cardiorespiratory conditioning, muscular endurance, muscular strength, flexibility, body composition

SPICES - answer Social health, physical health, intellectual Health, cognitive health, emotional health, spiritual health

Cardiorespiratory conditioning - answer Endurance

Muscular endurance - answer The amount of strength that can be repeated several times

Muscular strength - answer The amount of strength in one repetition

Flexibility - answer The range of motion in given joints

Body composition - answer The amount of body fat relative to the total weight or as compared to the lean mass

What are three additional factors that are specific to the fitness regimens of athletes and sports teams? - answer Agility, speed and Mobility

Intellectual health - answer The capacity to assimilate and integrate new information into one's thinking and thought processes

Cognitive health - answer Often grouped with mental health as it has mostly to do with how we process information in the brain. It includes the way we see, or conceptualized, the world

Nfpt Study And Reference Guide

Barbara Maughan



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