

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.

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Brendan G. Carr



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Table of Contents Nesta Exam Study Guide

1. Understanding the eBook Nesta Exam Study Guide
 - The Rise of Digital Reading Nesta Exam Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nesta Exam 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 Nesta Exam Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nesta Exam Study Guide
 - Personalized Recommendations

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