

# NASM Certified Personal Trainer study tips



# Personal Trainer Exam Study Guide

**Siddappa N.Byrareddy**

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

## **Personal Trainer Exam Study Guide:**

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[Acsm Certified Personal Trainer Exam Prep](#) CPT Exam Prep Team, 2016-02-29 A concise study guide that highlights the knowledge and skills required to pass the ACSM CPT Exam to become a certified personal trainer The content in this study guide references the latest ACSM's Resources for the Personal Trainer 5th Edition presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following four performance domains Domain I Initial Client Consultation and Assessment 25% Domain II Exercise Programming and Implementation 45% Domain III Exercise Leadership and Client Education 20% Domain IV Legal and Professional Responsibilities 10% Includes quick reference pages for required Formulas Conversions and Acronyms Includes 50 practice questions to 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 are obtained Includes resources and helpful links that share additional information to help you be fully prepared on test day Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions and detailed descriptions of the heart muscles nutrition training modalities and more

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ACSM Certified Personal Trainer Exam Prep, **ACE Certified Personal Trainer Exam Prep** C. P. T. Exam Prep Team, 2020-12-12 2021 Edition This study guide covers everything on the exam and references The Exercise Professional's Guide to Personal Training by the American Council on Exercise Includes 50 practice questions very similar to the actual exam The previous American Council on Exercise Personal Trainer Manual Fifth Edition is still a valid tool to use for the exam The new guide has the updated preparticipation screening blood pressure categories and introduces the new ACE Mover Method and ABC Approach However both textbooks and this study guide

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we are introduced to the fourteen year old martyn who has often been harassed by others because of his strange and unique  
name he lives with his dad william who smokes is an alcoholic and is often in a bad temper his mum and dad are divorced but  
somehow his dad managed to get custody of him his aunty jean scares his dad because if his dad does anything wrong or is  
seen to be drunk or irresponsible she ll use it to try to get custody of martyn we ca

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