

# 75-DAY STUDY PLANNER

STUDY DAY	COMPLETION DATE	CHAPTER	ASSIGNMENT
Introduction to the Optimum Performance Training Model			
Day 1		1 - The Scientific Rationale for Integrated Training	<ul style="list-style-type: none"> <li>Become familiar with study materials and online format</li> <li>Watch online presentations for Chapter 1</li> <li>Read Chapter 1</li> </ul>
Day 2		1 - The Scientific Rationale for Integrated Training	
Day 3		1 - The Scientific Rationale for Integrated Training	<ul style="list-style-type: none"> <li>Review online content and Chapter 1</li> </ul>
Professional Development, Practice & Responsibility			
Day 4		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> <li>Watch online presentations</li> </ul>
Day 5		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> <li>Read Chapter 20</li> </ul>
Day 6		BOC Candidate Handbook	<ul style="list-style-type: none"> <li>Read NASM BOC Candidate Handbook</li> </ul>
Day 7		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> <li>Review online content and Chapter 20</li> </ul>
Client Relations & Behavioral Coaching			
Day 8		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> <li>Watch online presentations</li> </ul>
Day 9		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> <li>Read Chapter 19</li> </ul>
Day 10		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> <li>Review online content and Chapter 19</li> </ul>

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# Personal Training Exam Study Guide

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## **Personal Training Exam Study Guide:**

**Acsm Certified Personal Trainer Exam Prep** Daniel Hile,2016-02-29 A simple study guide that highlights the knowledge skills required to pass the ACSM 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 four performance domains Domain I Initial Client Consultation Assessment Domain II Exercise Programming and Implementation Domain III Exercise Leadership Client Education Domain IV Legal Professional Business Marketing Includes quick reference pages for required Equations Conversions Acronyms Includes 50 practice questions to further enhance knowledge to have an idea of what actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes resources and helpful links that share additional information to help prepare you for exam Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions detailed descriptions of the heart muscles nutrition training modalities and more **Personal Trainer Practice Test** Joe Cannon,2012 **ACE Personal Trainer Study Guide 2019-2020** Trivium Personal Trainer Prep Team,2018-09 You re probably thinking this is just another typical study guide Because we know your time is limited we ve created a product that isn t like most study guides With Trivium Test Prep s unofficial ACE Personal Trainer Study Guide 2019 2020 Exam Prep and Practice Test Questions for the American Council on Exercise CPT Exam you ll benefit from a quick but total review of everything tested on the exam with real examples graphics and information Imagine having your study materials on your phone or tablet Trivium Test Prep s NEW ACE Personal Trainer Study Guide 2019 2020 comes with FREE online resources including practice questions online flashcards study cheat sheets and 35 tried and tested test tips These easy to use materials give you that extra edge you need to pass the first time American Council on Exercise was not involved in the creation or production of this product is not in any way affiliated with Trivium Test Prep and does not sponsor or endorse this product Trivium Test Prep s ACE Personal Trainer Study Guide 2019 2020 offers A full review of what you need to know for the Exercise CPT Exam Practice questions for you to practice and improve Test tips to help you score higher Trivium Test Prep s ACE Personal Trainer Study Guide 2019 2020 covers Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct Safety and Risk Management and includes one FULL practice test **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 **Afaa Certified Personal Fitness Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America Certified Personal** 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 Directly Quoted Answers Slang Extreme Statements Answer Choice Families Comprehensive sections including Wellness Standard Fitness Assessment Physical Activity Readiness Questionnaire Body Mass Index BMI Cardiorespiratory Fitness METS Method Closed Kinetic Chain Exercises Open Kinetic Chain Exercises Isometric Resistance Training Different Types of Training and Equipment Proper Position of the Body Overtraining Detraining and Retraining Performance or Training Levels Bench Press Incline or Decline Press CVD Cardiovascular Disease Diabetes Cancer ATP Anaerobic Systems for Making ATP Main Muscles and Joint Actions and much more [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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can bring it anywhere It s sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions and Answers MUCH MUCH MORE Each section is divided into subsections making sure all aspects of the exam are covered If you read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam **ACE Personal Trainer Study Guide** Ace Personal Trainer Exam Prep Team, Trivium Test Prep, 2017-09-25 Ascencia Test Prep s study guide ACE Personal Trainer Study Guide ACE Personal Trainer Manual with Practice Test Questions for the American Council on Exercise Personal Trainer Test is a comprehensive book offering readers a full review of the subject matter covered on the ACE Personal Trainer exam test tips and strategies real world examples and worked through practice problems Ascencia s ACE Personal Trainer book covers EXERCISE SCIENCE NUTRITION ASSESSMENT EXERCISE TECHNIQUE PROGRAM DESIGN CLIENT RELATIONS AND COACHING SAFETY AND RISK MANAGEMENT PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY Ascencia s ACE Personal Trainer study guide also includes a full ACE Personal Trainer practice test ensuring that readers will be prepared come test day About Ascencia Test Prep With healthcare fields such as nursing pharmacy emergency care and physical therapy becoming the fastest and largest growing industries in the United States individuals looking to enter the healthcare industry or rise in their field need high quality reliable resources Ascencia Test Prep s study guides and test preparation materials are developed by credentialed industry professionals with years of experience in their respective fields Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested along with practice questions for each section to enhance understanding Full practice tests at the end of every book accurately reflect the exam helping test takers determine if they are thoroughly prepared Additionally all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day Ascencia recognizes that healthcare professionals nurture bodies and spirits and save lives Ascencia Test Prep s mission is to help healthcare workers grow

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