

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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D Keegan



Personal Fitness Study Guide And Workbook:

Personal Fitness Charles S. Williams, 2005 The Student Edition is well designed and clearly organized Each chapter opener contains Objectives Highlights what students are to look for when they read Chapter Preview Provides students with an overview of what they will be reading about in a list format Vocabulary Words are emphasized in color throughout the text One of the most exciting and unique features of Personal Fitness Looking Good Feeling Good 5th Edition is that students are assisted in establishing a personal fitness program step by step chapter by chapter that is especially for them *NASM Essentials of Personal Fitness Training*, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided Study Guide for Anatomy & Physiology - E-Book Linda Swisher, Kevin T. Patton, 2014-12-02 Get some extra help mastering core terms concepts and processes related to the anatomy and physiology of the human body with this comprehensive study aid Study Guide for Anatomy Physiology 9th Edition provides a variety of chapter activities and questions including crossword puzzles word scrambles and questions in the multiple choice true or false labeling matching and application formats to help you apply concepts and test your A P knowledge More than 1 200 review questions cover multiple choice matching true false fill in the blank and completion formats Mind tester activities include crossword puzzles word scrambles and more to make the process of learning basic anatomy and physiology more engaging Apply What You Know sections encourage critical thinking and application of core content Did You Know sections cover factual tidbits that will interest users Topics for review tell the reader what to review in the textbook prior to beginning the exercises in the study guide Answer key containing all the answers to study guide questions is located in the back of the guide NEW Modified chapter structure reflects the new organization of chapters in the Patton 9th Edition main text *NASM Study Guide 2017-2018* Nasm Personal Fitness Training Team, Ascencia Test Prep, 2017-02-10 Ascencia Test Prep's study guide NASM Study Guide 2017 2018 Personal Fitness Training Prep Book and Practice Questions for the National Academy of Sports Medicine Board of Certification Exam is a comprehensive book

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