



## Personal Fitness

### Learning Objectives

#### **Identify if**

current and target appropriate cardio-aerobic and strength-training as your fitness activities (muscles, bones, tendons, ligaments, etc.) and demonstrate the long-term benefits of each.

Identify reading the associated components from each activity.

Identify the benefits:

if you are heart training, strength-training and together they will be a complete workout, being the best of both.

Identify the effectiveness of each: heart, strength and both combined.

Identify the benefits of each: heart, strength and both combined. Identify the benefits of each: heart, strength and both combined. Identify the benefits of each: heart, strength and both combined. Identify the benefits of each: heart, strength and both combined.

Identify the effectiveness of each: heart, strength and both combined.

Identify:

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# Personal Fitness Study Guide

**Ascencia Personal Training Exam Prep  
Team**



## **Personal Fitness Study Guide:**

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*Study Guide for Foundations of Professional Personal Training* Mike Bates, 2008-01 Study guide in preparation for Can Fit Pro's Personal Training Specialist PTS certification program and test Each chapter in this workbook corresponds to a chapter in Can Fit Pro's Foundations of professional personal training manual Fitness Study Guide Sean Foy, Basheerah Ahmad, Dee Eastman, 2015-08-04 In this four session video based Bible study DVD digital video sold separately The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the third essential

of The Daniel Plan Fitness Sessions include Becoming Daniel Strong Discover Movement You Enjoy Get a Metabolic Makeover Breaking through the Wall Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan Each of the other DVD Study Guides will focus on another essential Faith Food Focus and Friends Designed for use with the Fitness Video Study sold separately [NSCA's Essentials of Personal Training](#) NSCA -National Strength & Conditioning Association,2011-10-27 Comprehensive and research based the second edition of NSCA s Essentials of Personal Training is the resource to rely on for personal training information and guidance With state of the art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence NSCA s Essentials of Personal Training Second Edition is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam This essential reference was developed by the NSCA to present the knowledge skills and abilities required for personal trainers With contributions from leading authorities in the field the text will assist both current and future personal trainers in applying the most current research to the needs of their clients A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines including the application of nutrition principles for clients with metabolic concerns The latest guidelines on client assessment from prominent organizations such as the American Heart Association AHA and Centers for Disease Control and Prevention CDC keep personal trainers up to speed on the latest assessment protocols New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions low back pain ankle sprains and hip arthroscopy New guidelines for determining resistance training loads will assist those whose clientele includes athletes A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness A new instructor guide and image bank aid instructors in teaching the material to students NSCA s Essentials of Personal Training Second Edition focuses on the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs Featuring over 200 full color photos with accompanying technique instructions this resource offers readers a step by step approach to designing exercise programs with special attention to the application of principles based on age fitness level and health status Using comprehensive guidelines and sample clients portrayed in the text readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client s individual needs Personal trainers will appreciate the book s presentation of detailed exercise programming guidelines for specific populations Modifications and contraindications to exercise are given for prepubescent

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*FATMAP Study Guide* Gerald Keith Jackson, 2024-09-19 My FATMAP Study Guide focuses on more than diet and exercise It delves into your mindset motive and attitude about health This powerful triad serves as the main pillars of your success and failure If you're interested in improving your health but can't seem to get out of your own way FATMAP Study Guide is for you Follow along and I will break down many years of health and wellness research into four simple categories mindset meals movement and motive Better health starts with winning the battle against your own free will

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