

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.

Personal Fitness Study Guide And Workbook

**Kevin T. Patton, Frank B. Bell, Terry
Thompson, Peggie L. Williamson, Eric L
Sun**



Personal Fitness Study Guide And Workbook:

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

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 offering readers a full review of the subject matter covered on the NASM Personal Fitness Training exam test tips and strategies real world examples and worked through practice problems Ascencia's NASM Personal Fitness Training book covers EXERCISE SCIENCE NUTRITION ASSESSMENT EXERCISE TECHNIQUE PROGRAM DESIGN CLIENT RELATIONS AND COACHING SAFETY AND RISK MANAGEMENT PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY Ascencia's NASM Personal Fitness Training study guide also includes a full NASM Personal Fitness Training 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

NASM Certified Personal Trainer Exam Prep 2020-2021 Ascencia Personal Training Exam Prep Team, 2020-01-15

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

Study Guide for The Human Body in Health & Disease - E-Book Kevin T. Patton, Frank B. Bell, Terry

Thompson, Peggie L. Williamson, Eric L. Sun, 2023-03-02 Reinforce your understanding of the concepts in Patton's The Human Body in Health Disease Corresponding to the chapters in the text this study guide reviews essential medical terminology concepts and processes related to anatomy and physiology and explains how body systems function in health and disease Each chapter begins with a quick synopsis of the key points in the textbook chapter A variety of exercises make it easier to review and apply key concepts and labeling of anatomy drawings helps in learning anatomical terms and structures Know your Medical Terms feature helps familiarize you with the various word parts used in medical terminology and pairs nicely with the Language of Medicine word lists in the main text to reinforce medical terminology concepts that are key to understanding A P Brief synopsis of core textbook concepts provides a comprehensive review of essential content Crossword Puzzles and Word Finds help you master new vocabulary terms Application Questions ask you to make judgments based on the information in the chapter Diagrams and labeling exercises help reinforce where the structures of the body are located Matching and fill in the blank exercises aid in understanding chapter content Answers to exercises are provided in the back of the guide along with references to the appropriate textbook page and the textbook objective so that you can easily find where the material is presented Study tips in the Preface provide an overview of the most effective methods for learning and retaining information

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

Study Guide for Structure & Function of the Body - E-Book Eric L. Sun, Kevin T. Patton, Frank B. Bell, Terry Thompson, Peggie L. Williamson, 2024-06-19 Reinforce your understanding of A P concepts with this practical study guide With chapters corresponding to those in the Structure Function of the Body 17th Edition textbook this workbook

provides review questions and exercises to help you master the most important material Each chapter begins with an overview of the concepts covered in each chapter of the textbook and then tests your understanding with a variety of questions and activities Answers to all questions are included in the back of the book NEW Updated content corresponds to the updates in the Structure Function of the Body 17th Edition textbook Brief synopsis of core concepts in each chapter provides an overview of the most essential content from the textbook Matching multiple choice fill in the blank and true false exercises reinforce your understanding of content Crossword puzzles and Word Finds help you master new vocabulary terms and their spellings Anatomy drawings and labeling exercises help you learn to identify the structures of the body and master terminology Application questions help you develop critical thinking skills and make judgments based on information in the chapter Answers to exercises are found in the back of the guide Study tips in the Preface offer insights into the most effective methods for learning and retaining information

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

Train at Home to Work at Home Michelle McGarry, 2003-07 Begin a Work at Home Career with the Training and Education You Need Train at Home to Work at Home This unique guide provides comprehensive resources on more than 200 distance learning programs that can teach you 27 of the most popular and profitable work at home careers Distance learning programs have exploded in the last few years courses are now available online via e mail via teleclass through the mail on audiotape on videotape and even on CD ROM You can learn graphic design at UCLA professional writing at Washington State University life coaching at CoachU Web site design at Penn State financial planning at University of Alabama interior design at the Art Institute International medical transcription at the Health Professions Institute and many more Plus extensive resource lists organizations books and Web sites complete each section Full contact information tuition rates and course descriptions make comparisons and contrasts a breeze

Running Start: Your Secrets to a Personal Trainer Career Ahead of the Pack Tyler Read, 2020-05-13 Running Start Your Secrets to a Personal Trainer Career Ahead of the Pack is a timely book that covers all you need to know and then start your journey to becoming a personal trainer There is a huge market out there people who need personal trainers to help them lose weight get fit and lead a healthier life This book sets out to empower newcomers to the trade with the benefits of being a personal trainer The world needs more personal trainers the world wants more personal trainers people of the world are ready to pay for your services right now

ACE Personal Trainer Manual Ace Personal Training Manual Prep Team, Ace Personal Trainer Study Prep Team, 2018-05-16 ACE Personal Trainer Study Guide 2018 2019 and ACE Personal Trainer Exam Prep Book for the American Council on Exercise Personal Training Certification Exam

Navy Nutrition and

Weight Control Self-study Guide Leslie Cox,1997 PMI Risk Management Professional (PMI-RMP) Exam Study Guide Vanina Mangano,2010 A Professional's Guide to Small-Group Personal Training Keli Roberts,2022 A Professional's Guide to Small Group Personal Training will help you incorporate group dynamics and your knowledge of training principles to develop new business offerings Attract new clients and improve their performance adherence and enjoyment in a small group setting The Complete Book of Personal Training Douglas Brooks,2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover **Personal Training** Mark Ansell,2008-05-27 This is a key text for all those on sport science courses It covers all the essential areas for a study of personal training including fitness testing nutrition psychology training principles health and fitness training in different contexts and business issues Students therefore gain all the required multi disciplinary knowledge with an understanding of how to apply this in practice Throughout the text theoretical explanation is supported by case studies practical and reflective exercises and guidance on further study **Strategies for Success** ,2005 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 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 CCNA Routing and Switching Deluxe Study Guide Todd Lammle,William Tedder,2014-11-19 Get More with the Deluxe Edition This Deluxe Edition of our bestselling CCNA Study Guide features a ton of bonus materials including more than 1 000 practice questions author videos a network simulator that can be used to perform all of the hands on exercises and the e book in multiple formats The book contains 100% coverage the ICND1 ICND2 and CCNA Composite exams and features detailed information and examples on crucial Cisco networking topics drawn from Todd Lammle's more than 30 years of real world experience This Deluxe Study Guide contains authoritative coverage of all

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