

NASM Certified Personal Trainer study tips



Personal Trainer Exam Study Guide

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Personal Trainer Exam Study Guide:

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 and 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.

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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

cover the same topics that you will be tested on The exam content outline has not changed The guide is organized in the following four performance domains Domain I Client Interviews and Assessments Domain II Program Design and Implementation Domain III Program Progression and Modifications Domain IV Professional Conduct Safety and Risk Management Studying made Simple Save Time Study Smarter not Harder Includes Key Concepts with required information needed for the exam Includes detailed descriptions of assessments anatomy training principles and more Includes quick reference pages for helpful resources formulas conversions and acronyms Includes detailed practice question answers with explanations on how the answers were obtained CPT Prep is not affiliated with or endorsed by any official testing organization All organizational and test names are trademarks of their respective owners

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