

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).

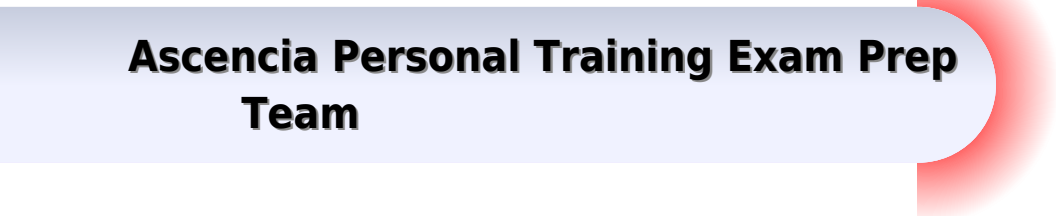
Safety and injury prevention includes information to help keep your workouts safe, efficient, and effective. The business information is included as business is a key component to your success as a personal trainer. Since you are reliant upon gaining clients, your ability to communicate effectively, 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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**Ascencia Personal Training Exam Prep
Team**



Nesta Personal Training Exam Study Guide:

Personal Trainer Certification Exam Prep Course (2nd Edition) Katie Donnelly, Starting-a-Personal-Training-Business.com (Firm), 2009-09-03 If you are preparing to take a personal trainer certification exam then you are going to want to take our prep course Designed by the personal trainers at Starting a Personal Training Business com the course includes over 750 practice questions to help you pass your certification exam You don't just get a book but you also get free access to our online quizzes and a full length practice personal trainer exam Here is What You Get Over 750 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 28 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including certification specific sections on ACE ACSM AFAA ISSA NASM NCSF NSCA and NESTA 9 day online study planner to help you organize your study plan *Personal Trainer Certification Exam Prep Course* Katie Donnelly, Personal Trainers, 2008-04-25 If you are preparing to take a personal trainer certification exam then you are going to want to take our prep course Designed by the personal trainers at Starting a Personal Training Business com the course includes over 500 practice questions to help you pass your certification exam You don't just get a book but you also get free access to our online quizzes and a full length practice personal trainer exam Here is What You Get Over 500 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 20 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including ACE ACSM AFAA ISSA NASM NCSF NFPT NSCA NPTI NESTA WITS and many others Detailed 8 day online study planner to help you organize your studying guiding you through more than 15 hours of review *Afaa Certified Personal Fitness Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer 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

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

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Ace Personal Trainer Study Guide A. C. E. Personal ACE Personal Trainer Certification Exam Prep Team, 2015-09-24

ACE Personal Trainer Study Guide Study Companion Practice Test Questions for the American Council on Exercise Personal Trainer Certification Exam Developed for test takers trying to score well on the ACE Personal Trainer Certification Exam this comprehensive study guide includes Introduction Getting Ready For Test Day General Strategies Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct Safety and Risk Management Practice Test Questions Detailed Answer Explanations Post Exam

Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACE Personal Trainer Certification Exam

The practice test questions are each followed by detailed answer explanations

If you miss a question it's important that you are able to understand the nature of

your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the ACE Personal Trainer Certification Exam should take advantage of the review material practice test questions and test taking strategies contained in this 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 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 [NASM Study Guide](#) Ascencia,2020-08-12 *NASM Certified Personal Trainer Exam Prep 2020-2021* Ascencia Personal Training Exam Prep Team,2020-01-15 *Personal Trainer Practice Test* Joe Cannon,2012 *ACE Personal Trainer Study Guide* Trivium Test Prep (Firm).,2013-06-19 When it comes to the ACE Personal Trainer Certification Exam you want to be prepared and you will be with our book designed to making studying fun and easy You don t want to waste time and money taking your ACE Personal Trainer Certification exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACE Personal Trainer Certification but realize too late when they get their score back that they were not ready at all They weren t incapable and they certainly did their best but they simply weren t studying the right way There are a variety of methods to prepare for the ACE Personal Trainer Certification and they get a variety of results Trivium Test Prep s ACE Personal Trainer Certification Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the ACE Personal Trainer Certification can cost you precious time money and effort that you shouldn t have to spend What is in the book In our ACE Personal Trainer Certification study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions to ensure that you master the material Best of all we show you how this information will be applied on the real exam ACE Personal Trainer Certification

practice questions are included so that you can know without a doubt that you are prepared Our study guide is streamlined and concept driven not filled with excess junk silly attempts at humor or confusing filler so you get better results through more effective study time Why spend days or even weeks reading through meaningless junk trying to sort out the helpful information from the fluff We give you everything you need to know in a concise comprehensive and effective package Why trust Trivium Test Prep Our ACE Personal Trainer Certification study materials are created by industry and educational experts Other study guides simply tell you what is on the test not how that material is applied or more importantly HOW TO STUDY FOR IT Trivium study guides are different Our dedicated professionals know how people think and learn and have created the ACE Personal Trainer Certification study guide based on what research has shown to be the fastest easiest and most effective way to prepare for the exam Unlike other study guides that are stamped out in a generic fashion our ACE Personal Trainer Certification study guide is specifically tailored for your exact needs We refuse to pad a study guide as a means to convince people there is more information this is a devious trick used to make you think you are getting more when really it s all just wasting your time

Government Reports Announcements ,1967 Ace Certified Personal Trainer Exam Prep CPT Exam Prep Team,2016-09-22 A concise study guide that highlights the key concepts required to pass the American Council on Exercise ACE 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 Client Interviews Assessments Domain II Program Design Implementation Domain III Program Progression Modifications Domain IV Professional Conduct Safety Risk Management Includes Key Concepts with required information needed for the exam Includes quick reference pages for helpful Resources Formulas Conversions and Acronyms Includes 50 practice questions to further enhance knowledge to have an idea of what the actual exam will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of assessments the heart muscles nutrition term definitions training modalities and more

NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine Jenny Schaefer,2021-04-30 If you want to pass the NASM Exam but don t have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text format so that you 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 *Nasm Personal Trainer Exam Study Guide: Nasm Test Review for the National Academy of Sports Medicine Board of Certification Examination* Mometrix Test Preparation, Mometrix Media LLC, Nasm Exam Secrets Test Prep Team, 2017-03-07 Includes Practice Test Questions Secrets of the NASM Personal Trainer Exam helps you ace the National Academy of Sports Medicine Board of Certification Examination without weeks and months of endless studying Our comprehensive Secrets of the NASM Personal Trainer Exam 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 Secrets of the NASM Personal Trainer Exam includes The 5 Secret Keys to NASM Personal Trainer Test 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 A comprehensive review including NASM Personal Trainer Content NASM Personal Trainer Testing Cost Exercise Terminology BMI Males vs Females Respiratory Review MET Review Circulatory System Course of Circulation The Heart Cardiovascular Conditions Rating of Perceived Exertion Scale Major Hormones Nutrition Review LDH vs HDL Anorexia vs Bulimia Axial Skeleton Appendicular Skeleton Muscular System Contraction Types of Muscle Fibers Circuit Training Detraining Fluid Intake Recommendations Periodization Stretching Exercises Heart Rate Strength and Safety Guidelines Order of Exercises Injury Review Exercises and much more **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 Study Guide](#) Nasm Cpt Exam Prep Team, 2017-05-03 NASM Study Guide NASM Personal Training Book Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM CPT Exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Technique and Training Instruction Client Relations and Behavioral Coaching Professional Development and Responsibility Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

NSCA-CPT Exam Secrets Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam Nsca-CPT Exam Secrets Test Prep, 2018-04-12 Mometrix Test Preparation's Secrets of the NSCA CPT Exam Study Guide is the ideal prep solution for anyone who wants to pass the NSCA Certified Personal Trainer exam The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes Practice test questions with detailed answer explanations Tips and strategies to help you get your best test performance A complete review of all NSCA CPT test sections Anatomy and Kinesiology Client Consultation and Fitness Assessment Program Planning Techniques of Exercise Safety Emergency Procedures and Legal Issues NSCA CPT and NSCA Certified Personal Trainer are registered trademarks of the National Strength and Conditioning Association Neither this publication nor the publisher have any affiliation with or any recognition sponsorship or endorsement by the NSCA The Mometrix guide is filled with the critical information you will need in order to do well on your NSCA CPT test the concepts procedures principles and vocabulary that the National Strength and Conditioning Association expects you to have mastered before sitting for your exam Any test prep guide is only as good as its practice questions and answer explanations and that's another area where our guide stands out The Mometrix test prep team has provided plenty of NSCA CPT practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear We've helped thousands of people

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