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adapt (optimum training), but will have negative responses if the training is too much (overtraining) or too little (detraining). Optimal work time and intensity coupled with appropriate rest and recovery periods will help your clients acheive positive adaptations to the stress of exercise on an ongoing basis. 4 Exercise Physiology Overview

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- Quick Overview
- Test-Taking Strategies
- Introduction
- Basic and Applied Sciences and Nutritional Concepts
- Assessment
- Program Design
- Exercise Technique and Training Instruction
- Client Relations

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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

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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.

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

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Just in time for the 2021 exam, Ascencia Test Prep's unofficial NEW ACE Personal Trainer Practice Test: Exam Prep with 450 Practice Questions for the American Council on Exercise CPT Examination is different from other practice test books for the ACE Personal Trainer Test. Our healthcare test prep isn't like other study materials because ACE Personal Trainer Practice Test offers you the up-to-date, real examples, graphics, and information you need for a quick but full review of everything on the exam! Our convenient materials will give you the edge you need to

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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.

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Test Prep Books' ACE Personal Trainer Study Guide: ACE Certified Personal Trainer Exam Prep and Practice Test Questions for the American Council on Exercise PT Exam [3rd Edition] Made by Test Prep Books experts for test takers trying to achieve a great score on the ACE exam. This comprehensive study guide includes: Quick Overview Find out what's inside this guide! Test-Taking Strategies Learn the best tips to help overcome your exam! Introduction Get a thorough breakdown of what the test is and what's on it! Client Interviews and Assessments Program Design and Implementation Program Progression and Modifications Professional Conduct, Safety, and Risk

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A concise study guide that highlights the key concepts required to pass the

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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. \*

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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.

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