

The Master Personal Trainer Exam Study

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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

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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

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careers in sport fitness and exercise second edition is the ultimate guide to careers in sport fitness or exercise readers will learn about the educational and certification requirements job descriptions working conditions salary ranges and key skills for 36 career tracks

a concise study guide that highlights the knowledge and skills required to pass the acsm cpt exam to become a certified personal trainer the content in this study guide references the latest acsm s resources for the personal trainer 5th edition 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 initial client consultation and assessment 25 domain ii exercise programming and implementation 45 domain iii exercise leadership and client education 20 domain iv legal and professional responsibilities 10 includes quick reference pages for required formulas conversions and acronyms includes 50 practice questions to 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 are obtained includes resources and helpful links that share additional information to help you be fully prepared on test day includes a link to save 30 off the acsm cpt exam includes term definitions and detailed descriptions of the heart muscles nutrition training modalities and more

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