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In addition, all candidates must have a current certification card in cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) from an approved provider. Knowledge of the following systems and training methods is also evaluated in this content domain: flexibility, resistance, cardiorespiratory, core, balance, plyometric, and Speed Agility Quickness. People were surprised by how much I knew about reactive training, movement assessment and other complicated subjects. Each content domain includes several sub-topics.NASM Certification Exam DomainsContent Domain 1, Basic and Applied Sciences and Nutritional Concepts, assesses the candidate's knowledge of human anatomy, the role of exercise physiology in relation to bioenergetics, exercise metabolism, and the various body systems (nervous, muscular, skeletal, endocrine, cardiorespiratory, digestive systems). No one could understand my notes, but this study guide was easy to show around...and easy to study! It had comprehensive content and all the material I needed. The reason is simple: your study guide secrets contains all of the truly relevant material written in the most clear and concise language. Your purchase also helps us make even more great, free certification content for test-takers. NASM is the world's leading resource in the health and fitness industry. An equivalent diploma or certification, such as a General Education Development (GED), is also accepted as well as other diplomas evaluated as equivalent education by the American Association of Collegiate Registrars and Admissions Officers for secondary education. I would recommend those seeking to get their personal trainer certification to purchase this product.NASM Study Guide - CustomerWhen I went through all of my training to be a personal trainer, I took a lot of flack from family and friends. The Mometrix NASM-CPT practice test includes answers and detailed explanations of those answers so that you can clearly understand which questions you missed and why you missed them. I would recommend to anyone studying for the CPT exam.NASM Study Guide - Joell absolutely love it! This book is very concise yet provides all of the information needed to ace the NASM exam! This book even comes with practice questions and test taking tips which is absolutely amazing!NASM Study Guide - CustomerAbsolutely loving this study guide. In the personal training industry, NASM certifications are the most desired by employers.NASM Study GuideNASM FlashcardsThe NASM Certified Personal Trainer (NASM-CPT) certification exam is accredited by The National Commission for Certifying Agencies (NCCA). I feel much more prepared with a much greater understanding of material and concepts after utilizing this book. The NASM study guide reviews below are examples of customer experiences.I have never been a great test taker and I have felt a ton of anxiety about passing this test and not spending even more money on re-testing. Mometrix has all you need to be thoroughly equipped to successfully pass this exam and receive your certification and the title of NASM Certified Personal Trainer.NASM Study GuideMometrix Academy is a completely free NASM practice exam resource provided by Mometrix Test Preparation. Candidates who are successful in passing the exam have earned the right to use the title of "NASM Certified Personal Trainer" and the certification credential "NASM-CPT" after their name.Check Out Mometrix's NASM Study GuideProfessional Examination Service (ProExam) was commissioned by NASM in 2015 to perform a practice analysis of CPTs. The results of this practice analysis identifies the knowledge, skills, and abilities required to safely and successfully practice as a CPT. No reference materials, phones, personal computers or other electronic devices are allowed in the examination room. It makes learning more clear and concise.NASM Study Guide - CustomerI am very pleased with my purchase, it was exactly what I was hoping for. It omits the distractions of a "fully illustrated text book". The organization, lay out, and information is going to be vital for passing the CPT exam!NASM Study Guide - LisaThis product has been very helpful in the preparation of getting my certification for personal trainer. I feel much more confident going forward in pursuit of my goals due to the Mometrix study guide. This practice analysis is used in determining the content for the NASM-CPT exam. The explanations are easy to understand and the material is very easy to comprehend. There was so much more to it than that. If you are interested in a career as a personal trainer, you will want to obtain certification from the National Academy of Sports Medicine (NASM). The Mometrix NASM-CPT study guide covers the same content as the actual NASM-CPT exam. Sure, everyone thought it was cool that I was going to help people get into shape, but at the same time, they didn't realize how hard the training really was. It wasn't about just going to the gym and working out. CPR/AED certification must include hands-on training from approved providers including the American Red Cross, the American Heart Association, and the American Safety and Health Institute. You have a product I will recommend to anyone I know that also is determined to pass the NASM CPT test.NASM Study Guide - CustomerThe secrets study guide is an excellent source of condensed study material for the CPT exam. Exams are scored immediately after completing the exam and candidates are told if they passed the exam or not before they leave the testing center. Preparing for the NASM CPT exam has been very daunting and this study guide was a huge relief. The content domains determined by this practice analysis include: Basic and Applied Sciences and Nutritional Concepts (17%), Assessment (18%), Program Design (21%), Exercise Technique and Training Instruction (22%), Client Relations and Behavioral Coaching (12%), and Professional Development and Responsibility (10%). Organized 30 years ago, they provide quality programs to certify personal trainers. Your study guide provides this for me. Now, when I have my first client, I know I'm going to be able to give him or her the attention they need in order to get the goals met.NASM Study Guide - CustomerI have already been very helpful and easy to read. Much easier than the text and more interesting since the information is focused and concise. I've just started studying for my exam and I am only a third of the way through and love it so far. I find myself absorbing the material faster now because the study guide is written more like people speak in everyday terms. I learned it all in my classes, but the study guide helped reinforce the things I needed to know for the test. I am so happy with my purchase of your study guide and I knew it was a great decision on the first day I received it. In just a few weeks, you can become a NASM-CPT ready to join an industry that continues to grow as more and more people choose to live a healthier lifestyle. Check the NASM website for a complete list of approved providers.Each candidate has two hours to complete the 120 multiple-choice questions on the CPT exam. Thank you!NASM Study Guide - CustomerMometrix Academy - Home These questions include static postural assessments, movement assessments, strength assessments, speed and agility assessments, cardiorespiratory assessments, physiological assessments, and body composition assessments. Not only does it give extremely helpful studying and test taking advice, the content and text formatting is very user friendly, instead of a huge chapter book it breaks down each important category into simple digestible paragraphs.NASM Study Guide - LizThis is a great book- concise and to the point. As a busy adult with a full time job, and family all I really need is to be successful and get on with my life. Mometrix has developed the NASM-CPT study guide and NASM-CPT practice test to assist you in obtaining this valuable CPT certification.NASM Personal Trainer Practice QuestionsRequirements to apply for the NASM-CPT exam include being at least 18 years old with a high school diploma or be within 90 days of successful completion of it. It simplifies the 800 page textbook into digestible sized pieces. The exam is a computer-based exam administered by an independent testing vendor, PSI, which has many locations across the United States and Canada and throughout the world. reward of different exercises ad modalities, rest and recovery, identification of current trends, the use and benefit of fitness technology, exercise program designs for different populations, and principles of specificity, overload, and variation.Content Domain 5, Exercise Technique and Training Instruction, measures the candidate's ability and knowledge of safe and effective exercise techniques, proper spotting techniques, correct set-up and technique of various exercises and training methods, warm-up and cool-down protocols, cueing techniques, safe training practices, kinetic chain checkpoints, and signs indicating that training modifications are needed.Content Domain 6, Professional Development & Responsibility, evaluates the candidate's knowledge of business basics, marketing practices, sales methods, business development, equipment maintenance, professional limitations of the CPT, proper emergency situation procedures, CPT occupational limitations, retaining professional credentials, use of credible health and fitness educational resources, professional growth opportunities, ethical standards, and professional codes of conduct.If you have a passion for health and fitness and a desire to help others achieve their personal fitness goals, Mometrix can assist you as you embark on a new career journey today. Other topics in this content domain include proprioceptive manipulation, exercise progression, exercise regression, general adaption syndrome, periodization concepts, acute variables, risk vs. If you find benefit from our CPT test review, check out our premium quality NASM study guide to take your studying to the next level. Upgrade your studying with our NASM study guide and flashcards: NASM Study Guide NASM FlashcardsOur customers love the tutorial videos from Mometrix Academy that we have incorporated into our NASM test study guide. So when my certification exam came around, I knew I needed to study hard and show people the types of things I was studying. This content area also includes biomechanics, the science of human movement, motor development principles, macronutrients, micronutrients, hydration, caloric intake and expenditure guidelines, energy measurement units, dietary recommendations, various diets, label reading, factors that may affect weight management physiology, and the uses, effects, benefits, and risks of popular nutritional supplements.The second content domain, Client Relations and Behavioral Coaching, includes topics such as client-CPT professional relationships, client communication, educating clients on lifestyle changes, active listening, SMART goal development, obstacles to behavior change, and psychological responses to exercise.Content Domain 3, Assessment, evaluates the candidate's ability to select and perform the appropriate assessments and then document and interpret these results to develop an appropriate fitness program. This content domain also evaluates the candidate's knowledge of PAR-Q assessment, essential elements of medical histories, medical risk factors, lifestyle questionnaires, assessments of special populations, reassessment criteria, and signs that indicate a client needs a referral due to condition being out of scope.Check Out Mometrix's NASM FlashcardsThe fourth content domain, Program Design, evaluates a candidate's ability to use assessment results to create appropriate exercise programs for individual clients which include flexibility training, core training, resistance training, balance training, cardiorespiratory training, plyometric training, and speed agility quickness training.

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