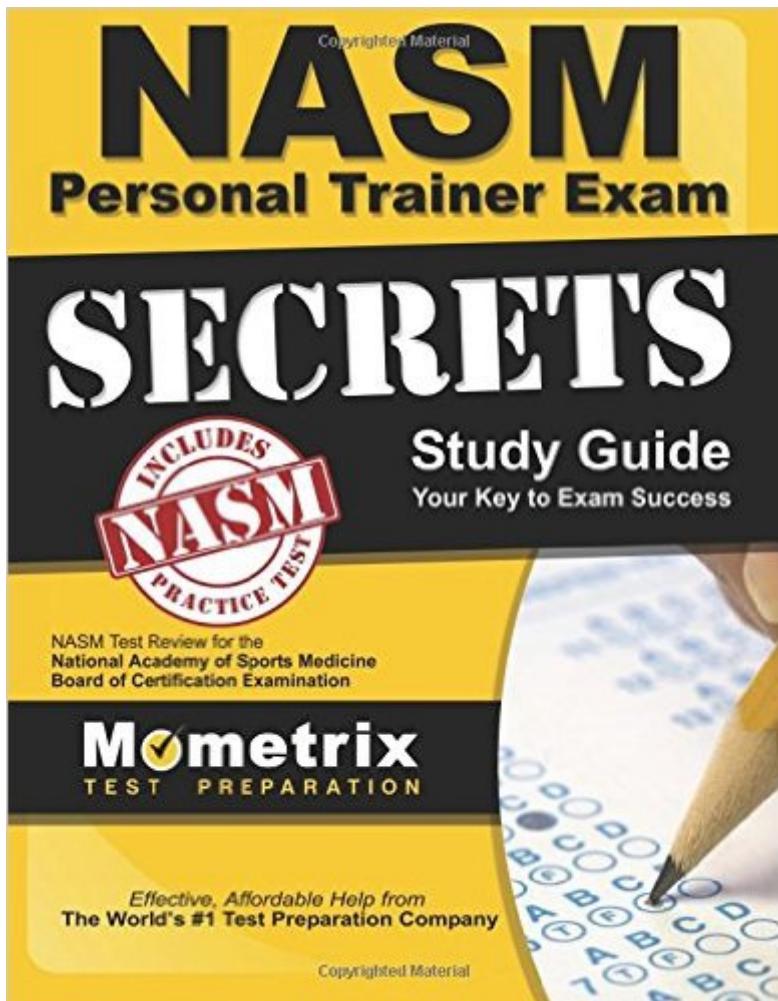


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# Secrets Of The NASM Personal Trainer Exam Study Guide: NASM Test Review For The National Academy Of Sports Medicine Board Of Certification Examination (Mometrix Test Preparation)





## Synopsis

\*\*\*Includes NASM Practice Test Questions\*\*\* Get the test prep help you need to become a NASM Certified Personal Trainer (CPT). The NASM exam is extremely challenging and thorough test preparation is essential for success. Secrets of the NASM Personal Trainer Exam Study Guide is the ideal prep solution for anyone who wants to pass the NASM exam. Not only does it provide a comprehensive guide to the NASM exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. Our NASM Personal Trainer study guide includes: A thorough review for the National Academy of Sports Medicine Board of Certification - Personal Trainer Exam A breakdown of assessment techniques A guide to a variety of exercise techniques An analysis of program design An examination of nutrition An in-depth overview of client relations and administration An extensive look at professional development and responsibility A breakdown of musculature/innervation A guide to CPR Comprehensive practice questions with detailed answer explanations It's filled with the critical information you'll need in order to do well on the test: the concepts, procedures, principles, and vocabulary that the National Academy of Sports Medicine Board of Certification (NASM-BOC) expects you to have mastered before sitting for the exam. The Assessment section includes: Subjective Assessment Objective Assessment Movement Assessment The Exercise Technique section includes: OPT Model Flexibility Training Cardiorespiratory Training Core Stabilization Training Reactive Training SAQ Training Integrated Resistance Training The Program Design section includes: NASM program design Acute Variables Principle of specificity Examples of exercises Periodization Phases of training The Nutrition section includes: Protein Carbohydrates Lipids Water Vitamins and Supplements The Client Relations and Administration section includes: Client goal setting Customer Service Acquiring Clients The Professional Development and Responsibility section includes: Code of Ethics Emergency Aid The Musculature/Innervation Review section includes: Arm and Back The Forearm The hand The Thigh The Calf and Foot The CPR Review/Cheat Sheet section includes: Conscious Choking Unconscious Choking Rescue Breaths These sections are full of specific and detailed information that will be key to passing the NASM exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language. Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual NASM exam. Each

answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

## Book Information

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## Customer Reviews

This seems to be more than what one expect in a study guide. Because it is really unexpected to see or to have a complete book just like this. It seems to be complete in preparing for the NASM Personal Trainer Exam because it just didn't give the reader the information regarding the topics that might be included in the exam. But it also provides the reader the test taking tips and tricks that are very helpful in taking the test. It also includes the five secrets to success, general strategies, and additional bonus materials that can be viewed online. The author was able to present each topic in a very comprehensive way. It divides the topics simply in a way that it would be easy for the reader to read and understand each topic. It starts with Assessment, Exercise Technique Program Design, Nutrition, Client Relations and Administration, Professional Development and Responsibility and Special Reports on the Exercise Terminology, Musculature/ Innervation Review on the arm and back, the forearm, the hand, the thigh, the calf and foot, CPR review or cheat sheet and Recommended Daily Allowances. Each topic has its subtopics. The explanations are very simple and comprehensive. It is presented in a two- column per page. In that way, it is very easy to read especially if some of the terms are in bulleted form or are numbered because it would be easy to remember those things if it is written that way. It also has practice test which is good to assess and evaluate yourself on how far did this help you. The practice test is composed of difficult or tough

questions as well as easy but tricky questions. The questions in the practice test covers the entire topics that had been discussed in this book. This book is really beyond ones' expectation because it is not just rich with the information regarding the test but it is also rich with the test taking tips and tricks, secrets to success, general strategies and techniques on how to handle the test.

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. I have had the official NASM textbook for several months and have given my best effort each time I read it. 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. The reason is simple; your study guide secrets contains all of the truly relevant material written in the most clear and concise language. I find myself absorbing the material faster now because the study guide is written more like people speak in everyday terms. I feel much more confident going forward in pursuit of my goals due to the Mometrix study guide. You have a product I will recommend to anyone I know that also is determined to pass the NASM CPT test.

How much you get out of this resource certainly depends on how much you put in to it. There is much to get out of it. The general strategies alone are advantageous in seeing how test makers create tests.

I am very pleased with my purchase, it was exactly what I was hoping for. Preparing for the NASM CPT exam has been very daunting and this study guide was a huge relief. 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. It's the perfect "cliff notes" of personal training!!

This product has been very helpful in the preparation of getting my certification for personal trainer. The explanations are easy to understand and the material is very easy to comprehend. I would recommend those seeking to get their personal trainer certification to purchase this product.

I am rating the product a 5 because I am finding this book very helpful. I only wish it had more about the muscles involved in some of the assessments or a way to remember all of the different muscles. I am glad I purchased this, it is really useful. I would recommend this book to anyone who is considering becoming a personal trainer.

Lots of detail, straight to the point and it seems like it's the meat of the NASM Book. I think will cut down on my note taking time and I can revert back to this book. I read the book and its entirety before I start trying to memorization process. So far so good!

Great help for my study to pass this exam. This covers the material that will be presented on the exam in a thoughtfull organized method so you can focus on any the subjects that you might find difficult

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