
NASM-CPT EXAM STUDY GUIDE

Which of the following nutrition professionals is nationally recognized by the Commission on Dietetic Registration to provide clinical, community, food service, and nutrition education? - Answer- Registered Dietitian Nutritionist

What is characterized as the local muscle of the core - Answer- Transverse abdominis

What is the finished hand position when performing the ball cobra exercise - Answer- Thumbs pointing up

What is end-systolic volume - Answer- the amount of blood remaining in the ventricle after contraction

what type of communication includes posture, hand gestures, proximity to others, and facial expressions? - Answer- nonverbal communication

what is the neuromuscular phenomenon that occurs when a synergist muscle takes over for a weak or inhibited muscle - Answer- synergistic dominance

which three senses are involved in the balance system - Answer- visual, vestibular, and somatosensory systems

what type of imagery occurs when a client imagines health-related outcomes - Answer- appearance imagery

what component of breathing improves blood flow back to the heart - Answer- inspiration with a decrease in intrathoracic pressure

which muscle would be considered under-active, leading to shoulder elevation during the pushing assessment? - Answer- lower trapezius

what rate of O₂ utilization defines 1 metabolic equivalent (MET), a value representing the amount of O₂ utilized at true rest? - Answer- 3.5 mL/kg/min

what blood pressure is reflective of a hypertensive crisis? - Answer- A systolic reading greater than 180 mm Hg and/or a diastolic reading greater than 120 mm Hg

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NASM CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine Jenny Schaefer,2021-05-03 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 audio format so that you can listen to it wherever life takes you Its 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 MUCH MUCH MORE Conclusion Each section is divided into subsections making sure all aspects of the exam are covered If you listen to or read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam So go ahead and scroll up and click buy for me today

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 Its 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 CPT Study Guide 2024-2025 Shawn Blake,2023-12-15 Find everything you need to confidently prepare and pass the NASM CPT exam with this all in one study guide You can feel it you're closer to starting your fitness career as a personal trainer than ever The only thing standing between you and your dream is the certification exam And if you plan to work with People who want to maintain their health People with health conditions limited mobility and high risk of injury Professional athletes who want to improve their performance The National Academy of Sports Medicine or NASM CPT exam can provide the certification you need to succeed in your career With its comprehensive and practical approaches to ensure safe but effective training a NASM certificate can provide the knowledge and competence you need to safely guide and train your clients to achieve their

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