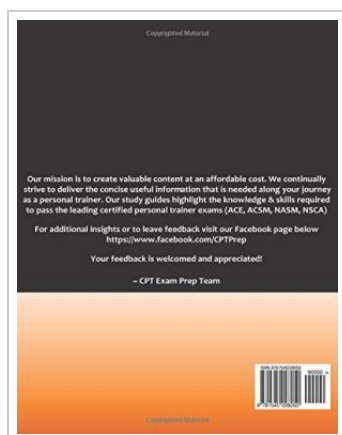




Nasm Certified Personal Trainer Exam Prep: 2018 Edition Study Guide That Highlights the Information Required to Pass the National Academy of Sports Medicine Exam to Become a Certified Personal Trainer (Paperback)

By CPT Exam Prep Team

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Concise, Study Guide. Language: English . Brand New Book ***** Print on Demand *****.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, Nutrition, Term definitions, Training Modalities more!.



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