



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)

NASM Exam Secrets Test Prep Team

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*****Includes 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.

Secrets of the NASM Personal Trainer Exam 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.

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Ralph Dell:

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Roger Richmond:

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