
NFPT exam study guide rated A 2024

The five components of physical health - Cardiorespiratory conditioning, muscular endurance, muscular strength, flexibility, body composition

SPICES - Social health, physical health, intellectual Health, cognitive health, emotional health, spiritual health

Cardiorespiratory conditioning - Endurance

Muscular endurance - The amount of strength that can be repeated several times

Muscular strength - The amount of strength in one repetition

Flexibility - The range of motion in given joints

Body composition - The amount of body fat relative to the total weight or as compared to the lean mass

What are three additional factors that are specific to the fitness regimens of athletes and sports teams? - Agility, speed and Mobility

Intellectual health - The capacity to assimilate and integrate new information into one's thinking and thought processes

Cognitive health - Often grouped with mental health as it has mostly to do with how we process information in the brain. It includes the way we see, or conceptualized, the world around it includes brain functioning in the areas of conceptual and perceptual skill, language learning as well as many other brain development functions

Emotional health - Includes self-esteem, self-awareness, self-acceptance, self-image and our capacities to deal with adversity and stress. This includes our ability to intimate, not just sexual, with a significant other.

Spiritual health - This is focused on the connection of ourselves with a higher power, a sense of purpose, self-actualization, and an inner joy. It is often described as self- acceptance, repentance for misdeeds, a willingness to give to and forgive others and a desire to seek peace with the community and World overall

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