# NASM CPT

# STUDY GUIDE



Certified Personal Trainer
Exam Prep Practice Questions
for the National Academy
of Sports Medicine

BY JENNY SCHAEFER

# Nasm Cpt Study Guide 2013

**Catherine Marden** 

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P. T. 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2012-2013 College Admissions Data Sourcebook Southeast Edition 2012-2013 College Admissions Data **Sourcebook West Edition**, NASM CPT Study Guide 2023-2024 - NASM Personal Trainer Certification Exam Secrets Book, Full-Length Practice Test, Detailed Answer Explanations Matthew Bowling, 2023-05-15 Mometrix Test Preparation s NASM CPT Study Guide 2023 2024 NASM Personal Trainer Certification Exam Secrets Book is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes Practice test questions with detailed answer explanations Tips and strategies to help you get your best test performance A complete review of all NASM test sections NASM R is a registered trademark of the National Academy of Sports Medicine who does not endorse nor is affiliated in any way with the owner of or any content in this product The Mometrix guide is filled with the critical information you will need in order to do well on your NASM exam 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 your exam The Basic and Applied Sciences section covers Anatomy and Exercise Physiology Considerations in Nutrition The Assessment section covers Subjective Assessment Special Population Risk Factors Objective Assessment The Program Design and Implementation section covers OPT Model Flexibility Training Cardiorespiratory Training Core Stabilization Training

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