
NFPT exam study guide with Complete solutions

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

SPICES - Answer Social health, physical health, Intellectual Health, cognitive health, emotional health, spiritual health

Cardiorespiratory conditioning - Answer Endurance

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

Muscular strength - Answer The amount of strength in one repetition

Flexibility - Answer The range of motion in given joints

Body composition - Answer 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? - Answer Agility, speed and Mobility

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

Cognitive health - Answer 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 - Answer 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 - Answer 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

Why is it important to touch on all things spices related as a personal trainer? - Answer Think about it and perhaps write a blog post

What are the three categories of motivating factors for positive behavior - Answer Predisposing factors, enabling factors and reinforcing factors

Predisposing factors include - Answer Knowledge, attitude, believe, values and perceptions

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Become a Certified Personal Trainer (ebook) Robert Wolff, 2010-01-04 Head to toe preparation for a successful career in personal training Training authority Robert Wolff walks you through the core subject areas you need to pass certification and get started as a personal trainer Guiding trainers throughout the entire certification process Become a Certified Personal Trainer goes through sample questions and essays for each of the top exams and also provides much needed advice about the business side of the job Become a Certified Personal Trainer shows you An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition supplementation and weight management Physical preparation in and out of the gym Business lessons finding clients making yourself stand out from the competition and starting a savings plan Mistakes to avoid concerning training and business moves Real world examples from top personal trainers athletic trainers that share their experiences Whether becoming a trainer is your dream job or you are already in the field Robert Wolff provides everything you need to give your and your clients the best chance at success

Introduction to Kinesiology Shirl J. Hoffman, 2009 Aimed at undergraduate students in sport and exercise science courses this text provides a comprehensive reader friendly overview of sports science laying a solid foundation for future learning and for working as a professional in any field relating to physical activity *Yearbook of International Organizations*, 2011 Edition for 1983 84 published in 3 vols vol 1 Organization descriptions and index vol 2 International organization participation vol 3 Global action networks *Secrets of the National Board Certification Science: Adolescence and Young Adulthood Exam Study Guide: National Board Certification Test Review for The National Board Certification Exam* Secret, National Board Certification Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions Secrets of the National Board Certification Science Adolescence and Young Adulthood Exam helps you ace your NBPTS National Board Certification Exam without weeks and months of endless studying Our comprehensive Secrets of the National Board Certification Science Adolescence and Young Adulthood Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined Secrets of the National Board Certification Science Adolescence and Young Adulthood Exam includes The 5 Secret Keys to National Board Certification Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice

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