

# **The Personal Fitness Trainer Study Guide**

## **What do you need to Know? NESTA PFT Exam Domain Breakdown**

|  |      |
|--|------|
| Exercise Sciences (A&P, Biomech, Kines)                                | 15%  |
| Assessment, Safety and Prevention, Special Populations, Emergency Care | 18%  |
| Business   | 20%  |
| Program Design   | 16%  |
| Exercise Applications and Instruction                                  | 10%  |
| Exercise Psychology  | 11%  |
| Nutrition  | 10%  |
|  | 100% |

The PFT exam is multiple choice and there will be 125 questions. 100 questions will be graded, and the other 25 will be used as research for future exams. This is standard practice for most certification exams. The best way to prepare is to study a little over many days. Seek to understand, not memorize, or you will have a great challenge ahead of you. Try to study for one hour every day with the information in this study guide leading up to the workshop, then review your workbook information as you are guided through the workshop weekend. You must resign yourself to making learning an ongoing process, and not a short-term process, or you have already failed.

The science component of your exam includes nutrition, kinesiology, biomechanics, physiology, and functional anatomy. You must familiarize yourself with the basics of nutrition, understand the basic planes of movement and motion (kinesiology), recognize the internal and external forces and how these forces affect exercise application during movement (biomechanics), be conscious of the effects of exercise on the body during AND after exercise (physiology), and LASTLY, be aware of the function of the various muscles in movement. Muscles should be your least focus, not the greatest focus.

The assessments are evaluations of your client(s) on an ongoing basis and you must understand how to assess in a way that is beneficial to you AND your client(s).

Safety and injury prevention includes information to help keep your workouts safe, efficient, and effective. The business information is included as business is a key component to your success as a personal trainer. Since you are reliant upon gaining clients, your ability to communicate effectively, with respect, is of the utmost importance. If you do not have adequate rapport with your client, and buy-in to your methods and training ideas, neither you nor your client can succeed.

The program design section covers the basics of periodization (cycling of a fitness program to meet a desired goal or goals). You must understand where your client must start and how to progress your client based upon training age (training experience) and client goal(s), with recognition toward how the body adapts to exercise. This includes foundation training for function and movement control, strength endurance, hypertrophy, basic strength, and skill-related fitness (as it applies to power, speed, and sport training).

Lastly, you must be able to safely (least risk possible), efficiently (no wasted effort), and effectively (accomplishes desired goal), apply the proper exercises to meet your client's goals while taking into account the client's training age, proper biomechanics, and taking into account expected physiological responses to exercise and movement stress.

# Nhe Master Fitness Trainer Study Guide

**Yi-Tong Ma**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

## **Nhe Master Fitness Trainer Study Guide:**

## Whispering the Secrets of Language: An Emotional Journey through **Nhe Master Fitness Trainer Study Guide**

In a digitally-driven earth wherever screens reign supreme and quick communication drowns out the subtleties of language, the profound strategies and psychological nuances concealed within phrases often get unheard. Yet, set within the pages of **Nhe Master Fitness Trainer Study Guide** a interesting literary prize sporting with raw emotions, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this marvelous opus invites readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the emotional depths of the touching review, we shall embark upon a genuine exploration of the book is key styles, dissect its captivating writing fashion, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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