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Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards)

By NASM Exam Secrets Test Prep Team

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*****Ace the NASM Exam and Get the Results You Deserve***** The NASM exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our *Flashcard Study System for the NASM Personal Trainer Exam Study Guide* can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the NASM 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

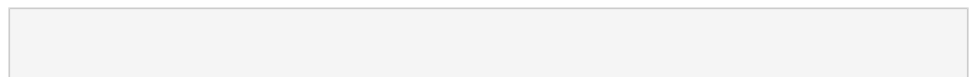
The Musculature/Innervation Review section includes:

- Arm and Back
- The Forearm
- The hand
- The Thigh
- The Calf and Foot

The CPR Review/Cheat Sheet section includes:

- Conscious Choking
- Unconscious Chocking
- Rescue Breaths

...and much more! We believe in delivering lots of value for your money, so the ***Flashcard Study System for the NASM Personal Trainer Exam Study Guide*** is packed with the critical information you'll need to master in order to ace the NASM exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. ***Flashcard Study System for the NASM Personal Trainer Exam Study Guide*** uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. ***Flashcard Study System for the NASM Personal Trainer Exam Study Guide*** can help you get the results you deserve.



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Editorial Review

Review

Learn How to Quickly Solve Difficult NASM Personal Trainer Test Questions

Here's a little "secret" about the NASM Personal Trainer Test: the NASM Personal Trainer Test is what we in the test preparation field call a "content driven" test.

While some tests are looking to see what you are ABLE to learn, the purpose of the National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT) Exam, offered by the National Academy of Sports Medicine Board of Certification (NASM-BOC), is to test your understanding of what you have already learned. The goal of the NASM Personal Trainer Test is to use a standardized testing process to create an objective assessment of a test taker's knowledge and skills.

In other words, it's more about **what you know** than your ability to solve clever puzzles. This is good news for those who are serious about being prepared, because it boils down to a very simple strategy:

You can succeed on the NASM Personal Trainer Test and become a NASM Certified Personal Trainer (CPT) by learning critical concepts on the test so that you are prepared for as many questions as possible.

Repetition and thorough preparation is a process that rewards those who are serious about being prepared, which means that succeeding on the NASM Personal Trainer Test is within the reach of virtually anyone interested in learning the material.

This is great news! It means that if you've been worried about your upcoming NASM Personal Trainer Test, you can rest easy IF you have a good strategy for knowing what to study and how to effectively use repetition to your advantage.

But it also creates another set of problems.

If you tried to memorize every single possible thing you can for the NASM Personal Trainer Test, the field of possible things to review would be so huge that you could not hope to cover everything in a reasonable time.

That's why we created the *Flashcard Study System for the NASM Personal Trainer Exam*: we have taken all of the possible topics and reduced them down to the **hundreds of concepts you must know** and provided an easy-to-use learning method to guarantee success on the NASM Personal Trainer Test.

We wanted this system to be simple, effective, and fast so that you can succeed on your NASM Personal Trainer Test with a minimum amount of time spent preparing for it. --

Here Are Some of the Features of Our *Flashcard Study System for the NASM Personal Trainer Exam*

- Study after study has shown that repetition is the most effective form of learning- and nothing beats

flashcards when it comes to making repetitive learning fun and fast

- Flashcards engage more of your senses in the learning process- you "compete" with yourself to see if you know the answers to the questions, and the flipping action gets you actively involved in the learning process
- Our cards are printed on heavy, bright white 67 lb. cover stock, and are laser printed at 1200 dpi on our industrial printers- these are professional-quality cards that will not smear or wear out with heavy usage
- We cover the major content areas on the exam
- Our flashcards include an edge that is micro-perforated, which means that you are much less likely to have a painful papercut on your fingers when moving quickly through the cards
- Our cards are portable, making it easy for you to grab a few and study while waiting for the bus or the doctor, or anywhere where you have a spare moment that would otherwise be wasted
- Our NASM Personal Trainer Test cards are written in an easy to understand, straightforward style - we don't include any more technical jargon than what you need to pass the test
- The cards are a generous size- 3.67 x 4.25 inches- they fit perfectly in your hands and they aren't so small that you have to use a magnifying glass to read tiny type- all questions and answers are in a normal-size print for easy studying
- Our cards include in-depth explanations- you won't see any "one word" answers on our cards that require you to go get a textbook to understand why your answer was wrong- all of our cards include generous, thorough explanations so you not only get it right or wrong- but you also know why!
- We use a font created by Microsoft to make reading easier- this will enable you to absorb more information painlessly during late night study sessions
- Our system enables you to study in small, digestible bits of information- unlike using boring textbooks, flashcards turn learning into a "game" you can play until you've mastered the material
- It's easy for a friend to help you study- they don't even have to know anything about the NASM Personal Trainer Test- if they can read, then they can quiz you with our flashcards!

Now, let us explain what the ***Flashcard Study System for the NASM Personal Trainer Exam*** is not. It is not a comprehensive review of your education, as there's no way we could fit that onto a single set of flashcards.

Don't get us wrong: we're not saying that memorization alone will automatically result in a passing NASM Personal Trainer Test score- you have to have the ability to apply it as well. However, without the foundation of the core concepts, you cannot possibly hope to apply the information. After all, you can't apply what you don't know.

Flashcard Study System for the NASM Personal Trainer Exam is a compilation of the **hundreds of critical concepts you must understand to pass the NASM Personal Trainer Test**. Nothing more, nothing less. --

If you think there's even the smallest chance that these flashcards will help you, you owe it to yourself to try them out. Don't let fear or doubt stand in the way of your opportunity to achieve the test score you need to fulfill your dreams.

Users Review

From reader reviews:

Lauren Graves:

Typically the book *Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards)* will bring you to definitely the new experience of reading the book. The author style to describe the

idea is very unique. When you try to find new book to study, this book very suited to you. The book Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards) is much recommended to you to read. You can also get the e-book from the official web site, so you can easier to read the book.

Mary Burnette:

Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards) can be one of your nice books that are good idea. We recommend that straight away because this e-book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to get every word into delight arrangement in writing Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards) yet doesn't forget the main position, giving the reader the hottest in addition to based confirm resource facts that maybe you can be considered one of it. This great information can easily drawn you into fresh stage of crucial thinking.

Marcus Huskins:

Are you kind of occupied person, only have 10 or even 15 minute in your day time to upgrading your mind skill or thinking skill even analytical thinking? Then you are having problem with the book compared to can satisfy your small amount of time to read it because all of this time you only find reserve that need more time to be read. Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards) can be your answer mainly because it can be read by an individual who have those short free time problems.

Karen Morris:

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