

1. kinesiology: - the study of the mechanics of human movement

- specifically evaluates muscles, joints, and skeletal structures and their involvement in movement
- primarily based on three fields of science - biomechanics, musculoskeletal anatomy, and neuromuscular physiology

- involves the study of gait, posture and body alignment, ergonomics, sports and exercise movements, and activities of daily living and work

2. anatomical position: - the universally accepted reference position used to describe regions and spatial relationships of the human body and to refer to body positions

- the body is erect with feet together and the upper limbs positioned at the sides, palms of the hands facing forward, thumbs facing away from the body, and fingers extended

3. planes of motion: the planes of movement in which the human body moves, which includes the sagittal, frontal, and transverse planes

4. sagittal plane: divides the body or structure into the right and left portions

5. frontal (coronal) plane: divides the body or structure into anterior and posterior portions

6. transverse (Cross-sectional, axial, or horizontal) plane: divides the body or structure into superior and inferior portions

7. center of gravity: - a theoretical point where the weight force of the object can be considered to act

- changes with movement and depends on body position

- when in anatomical position, is approximately at the second sacral segment

- the kinematics (variation in height and horizontal distance) relative to the base of support is often studied to examine balance exhibited by the performer

8. line of gravity: - an imaginary vertical line passing through the center of gravity and is typically assessed while the subject is standing

- helps define proper body alignment and posture, using various superficial landmarks from the head, upper extremity, trunk, and lower extremity regions as guides

Acsms Resources For The Personal Trainer 2nd Ed

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Acsm's Resources For The Personal Trainer 2nd Ed:

Acsm's Resources for the Personal Trainer E-course Acsm,American College of Sports Medicine,2006-11-01

ACSM's Resources for the Personal Trainer American College of Sports Medicine,2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs. *ACSM's Resources for the Personal Trainer* Trent Hargens,American College of Sports Medicine (ACSM),2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination. ACSM's Resources for the Personal Trainer 6th Edition provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence as well as practicing Personal Trainers who want to take their practice to the next level. This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening, exercise program development and working with special populations. Published by the American College of Sports Medicine, this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice. Engaging case studies and study features help ensure the retention for success on the ACSM CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients. *ACSM's Resources for the Personal Trainer* American College of Sports Medicine,2007 This valuable resource is the official ACSM preparatory tool for the ACSM Certified Personal TrainerSM exam and provides coverage of fitness assessment, exercise prescription and exercise leadership along with discussions of anatomy and physiology, injury prevention, psychology, emergency techniques, exercise leadership, programs and legal issues. It includes the fundamental knowledge, skills and abilities (KSAs) used to improve, maintain and/or optimize health related components of physical fitness and performance. The Second Edition is now in full color and includes information on writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise and motivating individuals.

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Personal Trainer Exam Prep CPT Exam Prep Team,2016-02-29 A concise study guide that highlights the knowledge and skills required to pass the ACSM CPT Exam to become a certified personal trainer The content in this study guide references the latest ACSM's Resources for the Personal Trainer 5th Edition presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following four performance domains Domain I Initial Client Consultation and Assessment 25% Domain II Exercise Programming and Implementation 45% Domain III Exercise Leadership and Client Education 20% Domain IV Legal and Professional Responsibilities 10% Includes quick reference pages for required Formulas Conversions and Acronyms Includes 50 practice questions to enhance knowledge and to have an idea of what the actual test will look like Includes detailed practice question answers with explanations on how the answers are obtained Includes resources and helpful links that share additional information to help you be fully prepared on test day Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions and detailed descriptions of the heart muscles nutrition training modalities and more

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