

## ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015

### FITT-VP: Exercise Prescription Framework

F= Frequency, I= Intensity, T= Time, V= Volume, and P= progression

### CARDIORESPIRATORY FITNESS: Aerobic fitness

3-5 days a week, depending on intensity

Go beyond baseline to lose weight (150 mins +)

Volume → measured by MET (500-1000)

### MUSCULAR FITNESS: Muscular strength (1RM) and Muscular Endurance (hold contraction)

2-3 days a week (48 HOURS between using each muscle group)

Intensity: 8-12 reps @ 60%-80%

10-15 reps @ 40-50%

Sets/Volume: Each muscle → 2-4 sets, 2-3 mins between each set

ALWAYS train opposing muscle group as well!

Progression: Many ways → add weight, add sets, add reps, add more training days

### FLEXIBILITY: Improve joint range of movement → 10 mins/4 reps each stretch

Hold stretches for 10-30 secs where it is tight

### NEUROMOTOR EXERCISE: Great for elderly/ people who are fall risks

Includes balance, coordination, agility, and proprioceptive training

2-3 days a week

Intensity: Changes in 3 ways → Base of support, center of mass, peripheral cues

Tai chi, Yoga, Pilates (walking balance, seated balance, standing balance)

### ADVANCED TRAINING: Plyometrics → improve power, agility, speed (jumping training)

Resistance Training → weight training/strength training

Came about during WWII

Should be guided by evidence, not testimony

SAID → Specific Adaptations to Imposed Demands (more reps, more endurance the muscle builds)

### PROGRAM DESIGN: Always needs to be changed overtime for progress

Do initial assessments (goals, time frame, health issues, target areas)

Asses → body composition, anthropometric measurements, endurance

Follow up assessment: Keep logs, always customize to the clients physiological needs, ask for feedback → always listen to your client and read their body language

### AFFECTS OF OVERTRAINING: Delayed Onset Muscle Soreness (DOMS)

DOMS is not a goal. Soreness should be 3 on scale from 0-10

HYDRATE

\*diuretics can influence tissue damage

Rhabdomyolysis → Rapid breakdown of tissue in high amounts

# Acsm Personal Training Study Guide

**Ascencia Personal Training Exam  
Team**

## **Acsm Personal Training Study Guide:**

**ACSM Certified Personal Trainer Study Guide** Joshua Rueda,2021-06-28 Test Prep Books ACSM Certified Personal Trainer Study Guide ACSM CPT Exam Prep Review and Practice Test Questions 5th Edition Made by Test Prep Books experts for test takers trying to achieve a great score on the ACSM CPT exam This comprehensive study guide includes Quick Overview Find out what's inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what's on it Initial Client Consultation and Assessment Exercise Programming and Implementation Exercise Leadership Client Education Legal Professional Responsibilities Practice Questions Practice makes perfect Detailed Answer Explanations Figure out where you went wrong and how to improve Disclaimer ACSM® is a registered trademark of the American College of Sports Medicine who does not endorse nor is affiliated in any way with the owner or any content of this website Studying can be hard We get it That's why we created this guide with these great features and benefits Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test ACSM CPT Practice Test Questions We want to give you the best practice you can find That's why the Test Prep Books practice questions are as close as you can get to the actual test Answer Explanations Every single problem is followed by an answer explanation We know it's frustrating to miss a question and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Customer Service We love taking care of our test takers We make sure that you interact with a real human being when you email your comments or concerns Anyone planning to take this exam should take advantage of this Test Prep Books study guide Purchase it today to receive access to ACSM CPT review materials ACSM CPT practice test questions Test taking strategies

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detailed descriptions of the heart muscles nutrition training modalities and more     **Acsm Certified Personal Trainer**  
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**ACSM Certified Personal Trainer Exam Prep** Ascencia,2020-08-12 **ACSM Personal Trainer Certification Review Study Guide: Certified Personal Trainer (CPT) Exam Prep Resource Manual** Acsm Cpt ACSM CPT Exam Prep Team,2015-08-29 ACSM Personal Trainer Certification Review Study Guide Certified Personal Trainer CPT Exam Prep Resource Manual Developed for test takers trying to score well on the ACSM Personal Trainer Certification this comprehensive study guide includes Introduction Getting Ready for Test Day General Strategies Initial Client Consultation and Assessment Exercise Programming and Implementation Leadership and Education Implementation Legal Professional Business and Marketing Practice Test Questions Detailed Answer Explanations Post Exam Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACSM Personal Trainer Certification The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the ACSM Personal Trainer Certification test should take advantage of the review material practice test questions and test taking strategies contained in this study guide **Personal Trainer Study Guide** Falgout,2022-03-19 Introducing our Personal Trainer Study Guide ACSM Test Prep with 275 Practice Questions and Detailed Answers for the American College of Sports Medicine CPT Examination Ascencia Test Prep's ACSM Personal Trainer Study Guide includes everything you need to pass the American

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**ACSM Certification Review Study Guide** Certified Personal Trainer (Cpt) Team,2016-10-04

Anyone planning to take the ACSM Personal Trainer Certification should take advantage of everything in this study guide This comprehensive study guide includes test taking strategies comprehensive reviews of content helpful graphics practice test questions detailed answer explanations **ACSM Certification Review Study Guide 2017-2018** Acsm Personal Trainer Exam Prep Team,Ascencia Test Prep,2017-02-10 Ascencia Test Prep s study guide ACSM Certification Review Study Guide 2017 2018 ASCM Certified Personal Trainer CPT Resource with Practice Exam Questions is a comprehensive book offering readers a full review of the subject matter covered on the ASCM Certified Personal Trainer exam test tips and strategies real world examples and worked through practice problems Ascencia s ASCM Certified Personal Trainer book covers EXERCISE SCIENCE NUTRITION ASSESSMENT EXERCISE TECHNIQUE PROGRAM DESIGN CLIENT RELATIONS AND COACHING SAFETY AND RISK MANAGEMENT PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY Ascencia s ASCM Certified Personal Trainer study guide also includes a full ASCM Certified Personal Trainer practice test ensuring that readers will be prepared come test day About Ascencia Test Prep With healthcare fields such as nursing pharmacy emergency care and physical therapy becoming the fastest and largest growing industries in the United States individuals looking to enter the healthcare industry or rise in their field need high quality reliable resources Ascencia Test Prep s study guides and test preparation materials are developed by credentialed industry professionals with years of experience in their respective fields Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested along with practice questions for each section to enhance understanding Full practice tests at the end of every book accurately reflect the exam helping test takers determine if they are thoroughly prepared Additionally all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day Ascencia recognizes that

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## **Table of Contents Acsm Personal Training Study Guide**

1. Understanding the eBook Acsm Personal Training Study Guide
  - The Rise of Digital Reading Acsm Personal Training Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Acsm Personal Training Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Acsm Personal Training Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Acsm Personal Training Study Guide
  - Personalized Recommendations
  - Acsm Personal Training Study Guide User Reviews and Ratings
  - Acsm Personal Training Study Guide and Bestseller Lists
5. Accessing Acsm Personal Training Study Guide Free and Paid eBooks
  - Acsm Personal Training Study Guide Public Domain eBooks
  - Acsm Personal Training Study Guide eBook Subscription Services
  - Acsm Personal Training Study Guide Budget-Friendly Options
6. Navigating Acsm Personal Training Study Guide eBook Formats
  - ePUB, PDF, MOBI, and More
  - Acsm Personal Training Study Guide Compatibility with Devices
  - Acsm Personal Training Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Acsm Personal Training Study Guide
  - Highlighting and Note-Taking Acsm Personal Training Study Guide
  - Interactive Elements Acsm Personal Training Study Guide

8. Staying Engaged with Acsm Personal Training Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Acsm Personal Training Study Guide
9. Balancing eBooks and Physical Books Acsm Personal Training Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Acsm Personal Training Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Acsm Personal Training Study Guide
  - Setting Reading Goals Acsm Personal Training Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Acsm Personal Training Study Guide
  - Fact-Checking eBook Content of Acsm Personal Training Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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