

### 3. OPT Training stages:

- 1: Stabilization
- 2: Strength
- 3: power

### NASM\_Opt

#### Training phases:

- 1: Stabilization end
- 2: strength end
- 3: hypertrophy
- 4: max strength
- 5: power

#### Phases that have cardiorespiratory:

All Three parts of

### Blood function continued:

- 3: Transport hormones
- 4: Carries heat
- 5: Regulates temp
- 6: clotting protects
- 7: fights disease in

#### Sickness

#### ATP-PC:

- 1: 10-15 sec
- 2: Fastest
- 3: No-O
- 4: Short
- 5: High intensity

#### Glycolytic:

### Sciatal head

Hip flexor complex  
Bicep femoris ( short)  
**Pronation/distortion**

#### weak muscles:

- Anterior tibials
- Posterior tibials
- Vastus medialis
- Gluteus medius/Maximus
- Hip external rotators

#### Lower crossed tight muscles:

- Gastrocnemius
- Soleus

### OHS Knees move in weak muscles:

- Gluteus Medius/Maximus
- Vastus Medialis oblique

#### OHS LPHC leans forward tight muscles:

- Soleus
- Gastrocnemius
- Hip flexor complex
- Abdominal complex

#### OHS LPHC leans forward weak

### Corrective (SMR and static stretching)

Active (SMR and active isolated stretching)

Functional (SMR and dynamic stretching)

#### Recommended exercise for adults:

150 minutes of moderate intensity or 75 minutes of vigorous aerobic exercise.

#### Cardiovascular

### 2-Resistance development

### 3-Exhaustion

### 5 resistance training adaptations:

- 1: stabilization
- 2: muscular endurance
- 3: Muscle hypertrophy
- 4: Strength
- 5: Power

#### Resistance training systems:

- Single set
- Multiple set

### Power:

- Reps: 1-10
- Sets: 3-6
- Intensity: 35% to 45%

Tempo: fast  
Rest: 3-5 min

#### Exercise tools:

- Free weights
- Machines
- Cable machines
- Elastic bands
- Medicine balls
- Kettle bells
- Body weight

# Nasm Cpt Study

**Matthew Bowling**



## **Nasm Cpt Study :**

**NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine** Jenny Schaefer,2021-04-30 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text format so that you can bring it anywhere Its sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions and Answers MUCH MUCH MORE Each section is divided into subsections making sure all aspects of the exam are covered If you read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam

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CPT exam The National Academy of Sports Medicine has established the CPT exam to confirm that people who want to enter the field are qualified to do so This guide focuses on the six main domains of the NASM CPT exam relating to how the human body functions This guide also includes a series of questions that you can use in your studies and your preparation for the exam Your success on the NASM CPT exam is critical to your future in the industry You will be capable of doing more with your work as a CPT once you have successfully completed the exam The NASM National Academy of Sports Medicine Certified Personal Trainer Exam Study Guide Scientia Media Group, Jason Rush, 2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified personal trainers are needed more than ever but before you can become one there s the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your ability As you study from this book you will be provided with vital information that will help you prepare In this book you will be guided through how to study for this exam from the anatomical systems to nutrition and biomechanics You ll discover how to assess your clients and design the best programs for them no matter their current health or fitness status You ll be given guidance through several different exercises how to build the client relations Finally you will be guided through understanding the professional development necessary and your own responsibilities to maintain an ethical approach to treating and training clients As you read you will also be presented with several questions designed to test you on the most important information By going through this study guide you boost your chances at successfully passing the exam The NASM CPT may be the hardest of the exams but with this study guide you ll have the information to pass in the palm of your hands *NASM Personal Trainer Study Guide 2022-2023* Falgout, 2022-03-15 Introducing our NASM Personal Trainer Study Guide 2022 2023 Test Prep with 250 Practice Questions and Detailed Answers for the National Academy of Sports Medicine CPT Exam Ascencia Test Prep s NASM Personal Trainer Study Guide 2022 2023 includes everything you need to pass the NASM CPT the first time Quick review of the concepts covered on the NASM CPT exam 2 full practice tests one online with detailed answer explanations Tips and tricks from experienced personal trainers Access to online flash cards cheat sheets and more Ascencia Test Prep s NASM Personal Trainer Study Guide 2022 2023 is aligned with the official NASM CPT exam framework Topics covered include Exercise Science Nutrition Assessment Exercise Technique Program Design Client Relations and Coaching Safety and Risk Management Professional Development and Responsibility NASM was not involved in the creation or production of this product is not in any way affiliated with Ascencia Test Prep and does not sponsor or endorse this product About Ascencia Test Prep At Ascencia Test Prep we understand that healthcare professionals need high quality educational resources That s why our test prep materials are developed by credentialed experts with years

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