

ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015

FITT-VP: Exercise Prescription Framework

F= Frequency, I= Intensity, T= Time, T= Type, 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

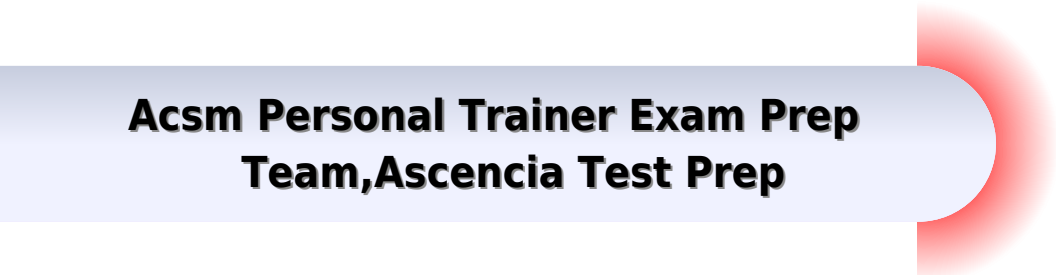
HYDRATE

*diuretics can influence tissue damage

Rhabdomyolysis → Rapid breakdown of tissue in high amounts

Acsm Personal Trainer Exam Study Guide

**Acsm Personal Trainer Exam Prep
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Acsm Personal Trainer Exam Study Guide:

ACSM Certified Personal Trainer Exam Prep , **Acsm Certified Personal Trainer Exam Prep** Daniel Hile,2016-02-29 A simple study guide that highlights the knowledge skills required to pass the ACSM CPT Exam to become a certified personal trainer The content in this study guide is 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 Assessment Domain II Exercise Programming and Implementation Domain III Exercise Leadership Client Education Domain IV Legal Professional Business Marketing Includes quick reference pages for required Equations Conversions Acronyms Includes 50 practice questions to further enhance knowledge to have an idea of what actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes resources and helpful links that share additional information to help prepare you for exam Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions detailed descriptions of the heart muscles nutrition training modalities and more

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Table of Contents Acsm Personal Trainer Exam Study Guide

1. Understanding the eBook Acsm Personal Trainer Exam Study Guide
 - The Rise of Digital Reading Acsm Personal Trainer Exam Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Acsm Personal Trainer Exam 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 Trainer Exam Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Acsm Personal Trainer Exam Study Guide
 - Personalized Recommendations
 - Acsm Personal Trainer Exam Study Guide User Reviews and Ratings

- Acsm Personal Trainer Exam Study Guide and Bestseller Lists
- 5. Accessing Acsm Personal Trainer Exam Study Guide Free and Paid eBooks
 - Acsm Personal Trainer Exam Study Guide Public Domain eBooks
 - Acsm Personal Trainer Exam Study Guide eBook Subscription Services
 - Acsm Personal Trainer Exam Study Guide Budget-Friendly Options
- 6. Navigating Acsm Personal Trainer Exam Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Acsm Personal Trainer Exam Study Guide Compatibility with Devices
 - Acsm Personal Trainer Exam Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Acsm Personal Trainer Exam Study Guide
 - Highlighting and Note-Taking Acsm Personal Trainer Exam Study Guide
 - Interactive Elements Acsm Personal Trainer Exam Study Guide
- 8. Staying Engaged with Acsm Personal Trainer Exam Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Acsm Personal Trainer Exam Study Guide
- 9. Balancing eBooks and Physical Books Acsm Personal Trainer Exam Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Acsm Personal Trainer Exam Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Acsm Personal Trainer Exam Study Guide
 - Setting Reading Goals Acsm Personal Trainer Exam Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Acsm Personal Trainer Exam Study Guide
 - Fact-Checking eBook Content of Acsm Personal Trainer Exam 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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