

Secrets of the

# NCSF-CPT Exam Study Guide

NCSF Test Review for the National Council on Strength and Fitness Personal Trainer Exam

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# **Ncsf Practice Examination Study Guide**

**Pikes Peak Community College** 

#### **Ncsf Practice Examination Study Guide:**

Secrets of the NCSF-CPT Exam Study Guide Ncsf Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions Secrets of the NCSF CPT Exam helps you ace the National Council on Strength and Fitness Personal Trainer Exam without weeks and months of endless studying Our comprehensive Secrets of the NCSF CPT Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you ve ever imagined Secrets of the NCSF CPT Exam includes The 5 Secret Keys to NCSF CPT Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don t Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don t Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families A comprehensive review including NCSF CPT Content NCSF CPT Testing Cost Exercise Terminology BMI Males vs Females Respiratory Review MET Review Circulatory System Course of Circulation The Heart Cardiovascular Conditions Rating of Perceived Exertion Scale Major Hormones Nutrition Review LDH vs HDL Anorexia vs Bulimia Axial Skeleton Appendicular Skeleton Muscular System Contraction Types of Muscle Fibers Circuit Training Detraining Fluid Intake Recommendations Periodization Stretching Exercises Heart Rate Strength and Safety Guidelines Order of Exercises Injury Review Exercises Breathing Review Determining 1 Rep Max and much more Get Certified - Ncsf-CPT Michael Rosengart, 2015-07-04 Get Certified NCSF CPT is a study guide companion for one of the best Personal Training certification courses in the world The National Council on Strength and Fitness offers one of the most comprehensive and thorough certification courses that is accredited by the NCCA and accepted by gyms and fitness centers worldwide The course covers all the essential topics of personal training and provides a long list of scientific resources along the way The amount of useful information in this course is enough to fill an entire college course In fact the NCSF course textbook and materials is used in college courses as well in many personal training education centers including the Equinox Academy The NCSF CPT course will cover in detail Functional Anatomy Physiology Biomechanics Training Adaptions Exercise Form Program Design Nutrition Assessment Protocols Safety Guidelines And more The NCSF CPT covers all of the information that you will need in order to start a successful career at a personal trainer or fitness professional Get Certified NCSF CPT is an excellent tool to help you study more effectively learn the material and pass the course Based on the learning techniques shared in the New York Times Bestselling Book Make It Stick The Science of Effective Learning author and Certified Personal Trainer Michael Rosengart created this study guide companion to help aspiring trainers learn digest and comprehend the wide scope of the NCSF CPT course material This study

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