



# **Flashcard Study System for the NSCA-CPT Exam: NSCA-CPT Test Practice Questions & Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Cards)**

*NSCA-CPT Exam Secrets Test Prep Team*

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NSCA-CPT Exam Secrets Test Prep Team

**\*\*\*Ace the NSCA-CPT Exam and Get the Results You Deserve\*\*\*** The NSCA-CPT exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our *Flashcard Study System for the NSCA-CPT Exam Study Guide* can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the NSCA-CPT exam. **The Body Composition section covers:**

- BMI
- Body Composition

### **The Respiratory Review section covers:**

- Minute ventilation
- Residual lung volume
- Total lung capacity

### **The Circulatory System section covers:**

- Course of circulation
- The Heart
- Cardiovascular conditions

### **The Nutrition section covers:**

- Water
- Protein
- Minerals
- Vitamins
- Carbohydrates
- Eating Disorders

### **The Skeletal System section covers:**

- Axial Skeleton
- Appendicular Skeleton
- Characteristics of Bone
- Major Types of Human Bones

- Joints
- Movements performed

**The Muscular System section covers:**

- Contraction
- Types of Muscle Fibers
- Muscles - Types; planes of movement; action
- General principles; definitions; elements of training

**The Circuit Training section covers:**

- Energy Production
- Determining Exercise Intensity
- Breathing and Stretching Exercises
- Exercise Technique
- Gait Cycle
- Heart Rate

**The Fitness Tips section covers:**

- Fitness misconceptions
- Exercise in the USA
- Client Consultation
- Assessment; Evaluation Tests; Forms
- Client's History

**The Testing Flexibility section covers:**

- Program Planning
- Order of Exercises
- Age and Health Considerations
- Injuries; Risks; Guidelines for Reducing Injury
- Strength and Safety Guidelines

...and much more! We believe in delivering lots of value for your money, so the *Flashcard Study System for the NSCA-CPT Exam Study Guide* is packed with the critical information you'll need to master in order to ace the NSCA-CPT exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. *Flashcard Study System for the NSCA-CPT Exam Study Guide* uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. *Flashcard Study System for the NSCA-CPT Exam Study Guide* can help you get the results you deserve.

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