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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 audio format so that you can listen to it wherever life takes you it s 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 much much more conclusion each section is divided into subsections making sure all aspects of the exam are covered if you listen to or read our study guide in addition to pursuing other study methods we are confident you will pass the nasm cpt exam so go ahead and scroll up and click buy for me today

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a concise study guide that highlights the information required to pass the national academy of sports medicine nasm 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 six performance domains domain 1 basic and applied sciences and nutritional concepts 17 domain 2 assessment 18 domain 3 program design 21 domain 4 exercise technique and training instruction 22 domain 5 client relations and behavioral coaching 12 domain 6 professional development and responsibility 10 includes quick reference pages for areas of focus formulas conversions that are required for exam includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like includes detailed practice question answers with explanations on how the answers were obtained includes detailed descriptions of assessments nervous muscular skeletal systems nutrition term definitions training modalities more

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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

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