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Domain 1: basic and Applied Sciences and Nutritional concepts Concepts and Structures of Anatomy & Functions of Exercise Physiology

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## *NASM-CPT Study Guide*

Intro to the NASM CPT Study Materials My Bitmoji counterpart will be walking you through the NASM study guide to make sure that you are on track for passing the NASM exam. Say hello to Tyler-Moji. If you are undecided on which personal trainer certification to choose, I suggest you take the quiz to find out which Cert is the best fit for you.

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of lost physical fitness, which may include muscle imbalances, decreased flexibility, and a lack of core and joint stability. Muscle Imbalance. alteration of muscle length surrounding a joint. Musculoskeletal System.

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comprehension of the actual material.

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□Biomechanics: the study of the action of external and internal forces on the living body, especially on the skeletal system.

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Guide. NASM. Get Quizlet's official NASM - 1 term, 1 practice question, 1 full practice test. Preview. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. briitty\_boop. Terms in this set (137) Proprioception. The body's ability to to sense the relative position of adjacent parts of the body

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this page only includes 40  
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of all of the possible  
questions that can be asked  
on the exam, I suggest  
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Domain 1: Basic and Applied  
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The Premium NASM study guide shows you exactly what you need to study in order to pass the exam. You will learn what to focus on as well as what to skim from the text. There are assignment questions for every chapter. At the end of each chapter you will find the assignment answers as well. Purchase the Study Guide only

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The NASM CPT exam is  
proctored at a facility (see  
their website). You need to  
have your CPR/AED completed.  
The exam is 120 questions  
and you'll be given  
120-minutes (2-hours).

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### *Nutrition & Personal Training ...*

NASM does not recommend knowing any of the material from Chapter 1, but does ask about 3 questions from the chapter. Check out our Study Guide for the NASM CPT to see what you should focus on from this chapter.



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