
ACSM STUDY GUIDE (ACSM PT EXAM)

BIOMECHANICS ✓Ans - principles of physics related to energy and force as they apply to the human body

PROXIMAL ✓Ans - CLOSER TO THE TRUNK

DISTAL ✓Ans - further from the trunk

SUPERIOR (CRANIAL) ✓Ans - above, toward the head

INFERIOR (CAUDAL) ✓Ans - lower than, toward the feet

ANTERIOR (VENTRAL) ✓Ans - toward the front

POSTERIOR (DORSAL) ✓Ans - toward the back

MEDIAL ✓Ans - closer to the midline

LATERAL ✓Ans - further from the midline

THREE CARDINAL BODY PLANES ✓Ans - sagittal plane, frontal plane, transverse plane

SAGITTAL PLANE ✓Ans - makes a division into right and left portions

FRONTAL PLANE ✓Ans - makes a division into anterior (front) and posterior (back) portions

TRANSVERSE PLANE ✓Ans - makes a division into upper (superior) and lower (inferior) portions

ROTATION ✓Ans - movement around a longitudinal axis, either toward or away from the midline

CIRCUMDUCTION ✓Ans - a combination of flexion, extension, abduction, and adduction

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ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs. [ACSM Certified Clinical Exercise Specialist Study Guide - Secrets to Outsmart the Exam](#) Trivium Test Prep ACSM Research and Writing Team, 2013-05-04 *Acsm Certified Personal Trainer Exam Prep* CPT Exam Prep Team, 2016-02-29 A concise study guide that highlights the knowledge and skills required to pass the ACSM CPT Exam to become a certified personal trainer. The content in this study guide references the latest ACSM's Resources for the Personal Trainer 5th Edition 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 and Assessment 25%, Domain II Exercise Programming and Implementation 45%, Domain III Exercise Leadership and Client Education 20%, Domain IV Legal and Professional Responsibilities 10%. Includes quick reference pages for required Formulas, Conversions, and Acronyms. Includes 50 practice questions to 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 are obtained. Includes resources and helpful links that share additional information to help you be fully prepared on test day. Includes a link to save 30 OFF the ACSM CPT Exam. Includes term definitions and detailed descriptions of the heart, muscles, nutrition, training modalities, and more. **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. [ACSM Clinical Exercise Specialist Study Guide](#) Trivium Test Prep, Trivium Test Prep Staff, 2013-06-19 When it comes to the ACSM CPT Certified Personal Trainer, you want to be prepared and you will be with our book designed to making studying fun and easy. You don't want to waste time and money taking your ACSM CPT Certified

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