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NASM-CPT Study Guide This study guide is divided up into 6 primary domains with essential knowledge topics for the certification exam. Use this with the online course and textbook to help prepare for your exam. Domain 1: Basic and Applied Sciences and Nutritional Concepts Concepts and Structures of Anatomy & Functions of Exercise Physiology

## 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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NASM CPT STUDY GUIDE. STUDY. PLAY. Deconditioned. a state 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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Biomechanics: the study of the action of external and internal forces on the living body, especially on the skeletal system.

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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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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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How To Pass NASM-CPT 6th edition Study Guide can be purchased on our front page. 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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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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