

PTS Canfitpro Exam Study Review Questions and Answers

100% Correct

1. Frequency each week: non-exerciser/occasional:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: a. 1-3 days**

2. Frequency each week: recreational:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: b. 3-5 days**

3. Frequency each week: recreational with time constraints:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: c. 1-day**

4. Frequency each week: committed/athlete:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: d. 4-6 days**

5. Sets and reps: non-exerciser/occasional

- a. 1-3 sets, 12-15 reps**
- b. 1-2 sets, 10-12 reps**
- c. 1 set, 10-12 reps**
- d. 3-5 sets, varied reps**
- e. 5-15 sets, varied reps**
- f. 4-6 sets, varied reps: a. 1-3 sets, 12-15 reps**

6. Frequency each week: athlete with a goal to increase muscle hypertrophy/elite athlete

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**

Canfitpro Pts Study Guide

Rachel Sandford

Canfitpro Pts Study Guide:

Study Guide for Foundations of Professional Personal Training Mike Bates,2008-01 Study guide in preparation for Can Fit Pro's Personal Training Specialist PTS certification program and test Each chapter in this workbook corresponds to a chapter in Can Fit Pro's Foundations of professional personal training manual **ACE Personal Trainer Study Guide**

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Team,2017-04-04 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 **NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine** Jenny Schaefer,2021-04-30 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 format so that you can bring it anywhere 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 and Answers MUCH MUCH MORE Each section is divided into subsections making sure all aspects of the exam are covered If you read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam

NASM Exam Prep C. P. T. Test Prep Team,2018-10-07 Being a certified personal trainer can be rewarding You can help patients with workout and exercise routines as well as many rehabilitation procedures and functions However to become a CPT you must complete the NASM CPT exam The National Academy of Sports Medicine has established the CPT exam to confirm that people who want to enter the field are qualified to do so This guide focuses on the six main domains of the NASM CPT exam relating to how the human body functions This guide also includes a series of questions that you can use in your studies and your preparation for the exam Your success on the NASM CPT exam is critical to your future in the industry You will be capable of doing more with your work as a CPT once you have successfully completed the exam

Ace Certified Personal Trainer Exam Prep CPT Exam Prep Team,2016-09-22 A concise study guide that highlights the key concepts required to pass the American Council on Exercise ACE 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 Client Interviews Assessments Domain II Program Design Implementation Domain III Program Progression Modifications Domain IV Professional Conduct Safety Risk Management Includes Key Concepts with required information needed for the exam Includes quick reference pages for helpful Resources Formulas Conversions and Acronyms Includes 50 practice questions to further enhance knowledge to have an idea of what the actual exam will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of assessments the heart muscles nutrition term definitions training modalities and more

Foundations of Professional Personal Training Canadian Fitness Professionals Inc.,2022-08-24 Developed and written by canfitpro this third edition of Foundations of Professional Personal Training contains essential information for building a successful career as a personal trainer and preparing for canfitpro's Personal Training Specialist PTS certification

Certified Personal Trainer (CPT) National Learning Corporation,2019-02 The Admission Test Series prepares students for entrance examinations into college graduate and professional school as well as candidates for professional certification and licensure

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