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## **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

**Jenny Schaefer**

## **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 2019-2020](#)

Trivium Personal Trainer Prep Team,2018-09 You're probably thinking this is just another typical study guide Because we know your time is limited we've created a product that isn't like most study guides With Trivium Test Prep's unofficial ACE Personal Trainer Study Guide 2019 2020 Exam Prep and Practice Test Questions for the American Council on Exercise CPT Exam you'll benefit from a quick but total review of everything tested on the exam with real examples graphics and information Imagine having your study materials on your phone or tablet Trivium Test Prep's NEW ACE Personal Trainer Study Guide 2019 2020 comes with FREE online resources including practice questions online flashcards study cheat sheets and 35 tried and tested test tips These easy to use materials give you that extra edge you need to pass the first time American Council on Exercise was not involved in the creation or production of this product is not in any way affiliated with Trivium Test Prep and does not sponsor or endorse this product Trivium Test Prep's ACE Personal Trainer Study Guide 2019 2020 offers A full review of what you need to know for the Exercise CPT Exam Practice questions for you to practice and improve Test tips to help you score higher Trivium Test Prep's ACE Personal Trainer Study Guide 2019 2020 covers Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct Safety and Risk Management and includes one FULL practice test [ACE Personal Trainer Exam Prep](#) Trivium,2020-08-12

*ACE Personal Trainer Study Guide* Tpb Publishing,2020-09-29 Test Prep Books ACE Personal Trainer Study Guide ACE Certified Personal Trainer Exam Prep and Practice Test Questions for the American Council on Exercise PT Exam 3rd Edition Made by Test Prep Books experts for test takers trying to achieve a great score on the ACE exam This comprehensive study guide includes Quick Overview Find out what's inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what's on it Client Interviews and Assessments Program Design and Implementation Program Progression and Modifications Professional Conduct Safety and Risk Management Practice Questions Practice makes perfect Detailed Answer Explanations Figure out where you went wrong and how to improve Disclaimer ACE® and AMERICAN COUNCIL ON EXERCISE® are registered trademarks of the American Council on Exercise A C E A C E does not endorse this product nor is A C E affiliated in any way with the owner or any content related to this product Studying can be hard We get it That's why we created this guide with these great features and benefits Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test Practice Test Questions We want to give you the best practice you can find That's why the Test Prep Books practice questions are as close as you can get to the actual ACE test

Answer Explanations Every single problem is followed by an answer explanation We know it's frustrating to miss a question and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Customer Service We love taking care of our test takers We make sure that you interact with a real human being when you email your comments or concerns Anyone planning to take this exam should take advantage of this Test Prep Books study guide Purchase it today to receive access to ACE review materials ACE practice questions Test taking strategies **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 **NASM Certified Personal Trainer Exam Prep** C. P. T. Exam Prep 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 The Certified Personal

Trainer Passbook R prepares you by sharpening the skills and abilities necessary to succeed on your upcoming entrance exam. It provides a series of informational texts as well as hundreds of questions and answers in the areas that will likely be covered on your upcoming exam including but not limited to health screening evaluation and re evaluation individual assessment and fitness core sciences professional standards and ethics and more

### **Afaa Certified Personal Fitness**

### **Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America**

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### **ACSM Certified Personal Trainer Exam Prep , ACE Certified**

**Personal Trainer Study Guide** Lydia Morrison, 2025-05 Test Prep Books ACE Certified Personal Trainer Study Guide Exam Prep and Practice Test 4th Edition Made by Test Prep Books experts for test takers trying to achieve a great score on the ACE Certified Personal Trainer exam Comprehensive Study Guide Includes Quick Overview Find out what's inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what's on it Client Onboarding and Assessments Program Design and Implementation Program Progression and Modifications Professional Conduct Safety and Risk Management Key Features and Benefits Human Authored Our book is written and edited by actual humans to ensure its accuracy and effectiveness Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on

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**ACE Personal Trainer Study Guide** Trivium Test Prep (Firm),2013-06-19 When it comes to the ACE Personal Trainer Certification Exam 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 ACE Personal Trainer Certification exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACE Personal Trainer Certification but realize too late when they get their score back that they were not ready at all They weren t incapable and they certainly did their best but they simply weren t studying the right way There are a

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*Personal Trainer Study Guide* Falgout,2022-03-19  
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