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## *NASM-CPT (7th Edition) Chapter 5 Study Guide 100% Correct Answers*

**Human Movement System (HMS) \*Ans\*** ⚡ The collective components and structures that work together to move the body: muscular, skeletal, and nervous systems.

**Kinetic Chain \*Ans\*** ⚡ A concept that describes the human body as a chain of interdependent links that work together to perform movement.

**Nervous System \*Ans\*** ⚡ A network of specialized cells called neurons that transmit and coordinate signals, providing a communication network within the human body.

**Neuron \*Ans\*** ⚡ Specialized cell that is the functional unit of the nervous system.

**Nucleus \*Ans\*** ⚡ Cellular structure or organelle that contains the majority of the cell's genetic material in the form of chromosomes.

**Organelles \*Ans\*** ⚡ Tiny cellular structures that perform specific functions within a cell. Examples include nuclei, mitochondria, lysosomes, ribosomes, and the endoplasmic reticulum.

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web coffee preparation temperature to achieve the golden cup standard water temperature at the point of contact with coffee is recommended to fall between 200 f

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web these requirements are based on decades of industry knowledge and research by the coffee brewing center all sca certified brewers have met these requirements which



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web for example the scaa brewing standard for preparation of drip coffee defines the proper ratios of water to coffee the proper extraction brewing temperature and holding

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web most importantly the testers must brew coffee using 8 25 g of whole bean coffee per 150 ml of water the water should be at a temperature of 200 and meet sca water

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