

NASM Personal Trainer Study Guide

5 Phases of OPT Model

(Ans-

- Stabilization Endurance
- Strength Endurance
- Muscular Development
- Maximal Strength
- Power

Homeostasis

(Ans- Human body ability to respond to stress and make changes to maintain optimal health and physiological functioning.

Acute Disease

(Ans- medical condition that occurs suddenly and can be treated and healed in a short period of time e.g. bronchitis. Left untreated bronchitis could become a chronic illness.

Chronic Disease

(Ans- a medical condition that persists long term e.g. emphysema.

Ischemic Heart Disease

(Ans- Narrowing of coronary arteries which supply blood and oxygen to the heart.

Atherosclerosis

(Ans- Plaque is formed in the arteries, leading to reduced blood flow to the heart or brain.

Hypertension

(Ans- Blood pressure greater than 120/80 (systolic/diastolic).

Nasm Personal Trainer Manual

Jin-Ying Zhang



Nasm Personal Trainer Manual:

NASM Essentials of Personal Fitness Training, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions *NASM Essentials of Personal Fitness Training*, 2008 NASM *Essentials of Personal Fitness Training* Micheal Clark, Scott Lucett, Brian G. Sutton, National Academy of Sports Medicine, 2012 Since 1987 the National Academy of Sports Medicine NASM has been a global leader in providing evidence based certifications and advanced credentials to health and fitness professionals NASM Essentials of Personal Fitness Training Fourth Edition continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals Based on NASM's proprietary Optimum Performance Training OPT™ model you will learn a systematic approach to program design with exercise program guidelines and variables protocols for building stabilization strength and power programs guidance on how to build a clientele through professional development and more By following the techniques in this book you will gain the information insight and inspiration you need to change the world as a health and fitness professional This text is a recommended resource for the NASM Certified Personal Trainer CPT certification The NASM CPT certification is accredited by the National Commission for Certifying Agencies NCCA

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