
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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Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it s important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

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Board of Certification NASM BOC expects you to have mastered before sitting for your exam Test sections include Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise Technique and Training Instruction Professional Development and Responsibility and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren't simply named or described in passing but are explained in detail The Mometrix NASM study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it's written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that's another area where our guide stands out The Mometrix test prep team has provided plenty of NASM practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear All 3 practice tests are available to take in online interactive format allowing you to immediately score your test and see what you got wrong We've also printed all 3 practice tests in your guide for offline reference We've helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We've done this by setting high standards for Mometrix Test Preparation guides and our NASM CPT Study Guide NASM Personal Trainer Certification Exam Secrets Book is no exception It's an excellent investment in your future Get the NASM review you need to be successful on your exam [NASM Study Guide](#)

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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

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