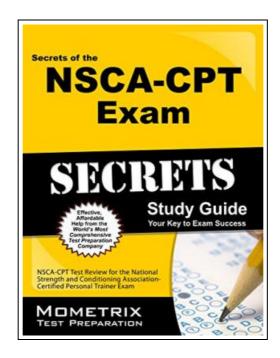
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NSCA-CPT EXAM SECRETS STUDY GUIDE: NSCA-CPT TEST REVIEW FOR THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION - CERTIFIED PERSONAL TRAINER EXAM



Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 11.2in. x 8.1in. x 0.3in.Includes Practice Test Questions Get the test prep help you need to be successful on the NSCA-CPT test. The NSCA-CPT Exam is extremely challenging and thorough test preparation is essential for success. NSCA-CPT Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the NSCA-CPT exam. Not only does it provide a comprehensive guide to the NSCA-CPT Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. Secrets of the NSCA-CPT Exam Secrets Study Guide includes: A thorough review for the National Strength and Conditioning Association - Certified Personal Trainer Exam A breakdown of body composition An analysis of males vs. females An examination of the respiratory system A guide to energy production A breakdown of the circulatory system An analysis of nutrition A guide to wellness An in-depth look at ergogenic aids A breakdown of the skeletal system A guide to key points of the muscular system An in-depth look at circuit training A breakdown of different fitness tips An analysis of testing flexibility Comprehensive practice questions with detailed answer explanations Its filled with the critical information youll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the National Strength Conditioning Association (NSCA) Certification Commission expects you to have mastered before sitting for the exam. The Body Composition section covers: BMI Body Composition The Respiratory Review section covers: Minute ventilation Residual lung volume Total lung capacity The Circulatory System section covers: Course of circulation The Heart Cardiovascular conditions The Nutrition section covers: Water Protein Minerals Vitamins Carbohydrates Eating Disorders The Skeletal System section covers: Axial Skeleton Appendicular Skeleton Characteristics of Bone Major Types of...

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