

## *Neta Group Fitness Instructor Study Guide*

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### **Neta Group Fitness Instructor Study**

Created for those interested primarily in leading exercise and fitness in a group setting, NETA's Group Exercise Instructor Certification is one of only three in America that have earned NCCA accreditation. Our curriculum is continuously updated to keep you on the cutting edge of the group fitness certification industry, promote safe and effective teaching strategies, and help you develop the ...

### **Group Exercise Certification, NCCA Accredited Group ...**

NETA's The Fitness Professional's Manual, 5th edition (2018) is an excellent resource to help prepare for the exam. In addition to studying the Manual, NETA also recommends completion of The Fitness Professional's Workbook for Group Exercise Instructors (item #26), which includes a 50-question Group Exercise Instructor Practice Exam.

### **successfully prepare for the exam, NETA recommends that ...**

NETA has been educating fitness professionals for over 40 years, longer than virtually all other certifying bodies in the fitness industry. Our primary certifications (i.e., group exercise instructor and personal trainer) are accredited by the NCCA, ensuring that the NETA credentials meet industry standards and are accepted at most fitness ...

### **Personal Fitness Trainer Certification | Fitness & Group ...**

NETA GROUP FITNESS EXAM study guide by Lydia\_Bledsoe includes 50 questions covering vocabulary, terms and more. Quizlet flashcards, activities and games help you improve your grades.

### **NETA GROUP FITNESS EXAM Flashcards | Quizlet**

Start studying NETA Group Exercise Instructor. Learn vocabulary, terms, and more with flashcards, games, and other study tools. Search. ... In order for a fitness professional to be found negligent, what four elements just be demonstrated? ... NETA Group Exercise Chapter 5 - lever systems and principles of applied biomechanics.

### **NETA Group Exercise Instructor Flashcards | Quizlet**

5) The Group Fitness Certification from NETA. The fifth certification that I will be talking about is the NETA group fitness certification. Although not the most well-known certifying agency out there, NETA has helped over 130,000 fitness professionals over the last 33 years.

### **5 Group Fitness Certifications - Which one is the best in ...**

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Group Fitness, Group Exercise and Group Ex are different ways of describing the same thing, a wonderful community experience that makes people healthier and happier. So call it whatever you like. Our mission is to help train instructors to lead the greatest classes possible, and that's what our Group Fitness Instructor is all about.

### **Group Fitness Certification | AFAA**

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