



# **Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards)**

*NASM Exam Secrets Test Prep Team*

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NASM Exam Secrets Test Prep Team

**\*\*\*Ace the NASM Exam and Get the Results You Deserve\*\*\*** The NASM exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our *Flashcard Study System for the NASM Personal Trainer Exam Study Guide* can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the NASM exam. **The Assessment section includes:**

- Subjective Assessment
- Objective Assessment
- Movement Assessment

**The Exercise Technique section includes:**

- OPT Model
- Flexibility Training
- Cardiorespiratory Training
- Core Stabilization Training
- Reactive Training
- SAQ Training
- Integrated Resistance Training

**The Program Design section includes:**

- NASM program design
- Acute Variables
- Principle of specificity
- Examples of exercises
- Periodization
- Phases of training

**The Nutrition section includes:**

- Protein
- Carbohydrates
- Lipids
- Water

- Vitamins and Supplements

**The Client Relations and Administration section includes:**

- Client goal setting
- Customer Service
- Acquiring Clients

**The Professional Development and Responsibility section includes:**

- Code of Ethics
- Emergency Aid

**The Musculature/Innervation Review section includes:**

- Arm and Back
- The Forearm
- The hand
- The Thigh
- The Calf and Foot

**The CPR Review/Cheat Sheet section includes:**

- Conscious Choking
- Unconscious Chocking
- Rescue Breaths

...and much more! We believe in delivering lots of value for your money, so the *Flashcard Study System for the NASM Personal Trainer Exam Study Guide* is packed with the critical information you'll need to master in order to ace the NASM exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. *Flashcard Study System for the NASM Personal Trainer Exam Study Guide* uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. *Flashcard Study System for the NASM Personal Trainer Exam Study Guide* can help you get the results you deserve.

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