

## **ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015**

### **FITT-VP: Exercise Prescription Framework**

F= Frequency, I= Intensity, T= Time, T= Type, V= Volume, and P= progression

### **CARDIORESPIRATORY FITNESS: Aerobic fitness**

3-5 days a week, depending on intensity

Go beyond baseline to lose weight (150 mins +)

Volume → measured by MET (500-1000)

### **MUSCULAR FITNESS: Muscular strength (1RM) and Muscular Endurance (hold contraction)**

2-3 days a week (48 HOURS between using each muscle group)

Intensity: 8-12 reps @ 60%-80%

10-15 reps @ 40-50%

Sets/Volume: Each muscle → 2-4 sets, 2-3 mins between each set

ALWAYS train opposing muscle group as well!

Progression: Many ways → add weight, add sets, add reps, add more training days

### **FLEXIBILITY: Improve joint range of movement → 10 mins/4 reps each stretch**

Hold stretches for 10-30 secs where it is tight

### **NEUROMOTOR EXERCISE: Great for elderly/ people who are fall risks**

Includes balance, coordination, agility, and proprioceptive training

2-3 days a week

Intensity: Changes in 3 ways → Base of support, center of mass, peripheral cues

Tai chi, Yoga, Pilates (walking balance, seated balance, standing balance)

### **ADVANCED TRAINING: Plyometrics → improve power, agility, speed (jumping training)**

Resistance Training → weight training/strength training

Came about during WWII

Should be guided by evidence, not testimony

SAID → Specific Adaptations to Imposed Demands (more reps, more endurance the muscle builds)

### **PROGRAM DESIGN: Always needs to be changed overtime for progress**

Do initial assessments (goals, time frame, health issues, target areas)

Asses → body composition, anthropometric measurements, endurance

**Follow up assessment:** Keep logs, always customize to the clients physiological needs, ask for feedback → always listen to your client and read their body language

### **AFFECTS OF OVERTRAINING: Delayed Onset Muscle Soreness (DOMS)**

DOMS is not a goal. Soreness should be 3 on scale from 0-10

HYDRATE

\*diuretics can influence tissue damage

Rhabdomyolysis → Rapid breakdown of tissue in high amounts

# Afaa Personal Training Study Guide Answers

**Marcel A. Müller**



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issues have been updated with the most recent information available *Principles and Labs for Physical Fitness* Werner W. K. Hoeger, Sharon A. Hoeger, 2003-04 *The Men's Health Gym Bible (2nd Edition)* Myatt Murphy, Michael Mejia, 2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience Men's Health fitness advisor Michael Mejia and co author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness In addition to hundreds of exercises for strength and cardio equipment like free weights stability balls and treadmills this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training sandbags and kettle bells With almost 700 photos this edition features all new images that demonstrate proper form and technique for every functional exercise The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals no matter what your fitness level is Gym novices will find helpful information such as the ins and outs of gym memberships contract negotiation tips and how to safely use a piece of equipment for the first time This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without *Journal of the American Dietetic Association* ,1987 **Core Concepts in Health** ,2000 **AFAA Certified Personal Fitness Trainer Exam Secrets Study Guide-- Your Key to Exam Success** ,2010 AFAA certified personal fitness trainer exam secrets helps you ace the Aerobics and Fitness Association of America certified personal fitness trainer exam without weeks and months of endless studying Our comprehensive study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined **Commerce Business Daily** ,1998-10 **Training in Agricultural and Food Marketing at University Level in Africa** ,1976 **2013 Writer's Market** Robert Lee Brewer, 2012-08-05 The Most Trusted Guide to Getting Published The 2013 Writer's Market details thousands of publishing opportunities for writers including listings for book publishers consumer and trade magazines contests and awards and literary agents These listings include contact and submission information to help writers get their work published Look inside and you'll find page after page of all new editorial material devoted to the business of writing It's the most information we've ever jammed into one edition You'll find advice on pitching agents and editors finding money for your writing in unexpected places and promoting your writing Plus you'll learn how to navigate the social media landscape negotiate contracts and protect your work And as usual this edition includes the ever popular How Much Should I Charge pay rate chart You also gain access to Lists of professional writing organizations Sample query letters A free digital download of Writer's Yearbook featuring the 100 Best Markets Includes a self publishing checklist submission tracker family tree of the major book publishers and helpful charts Writer's Market can save you a lifetime of collecting sorting and updating industry info and it's jam packed with the things you need including hard earned advice from those in the field As a result Writer's Market gives you time that most precious commodity for all writers so you can turn your attention to the cultivation of your talent Julianna

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