

## **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

**B Lingard**



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**Aerobics Theory and Practice Self Study Workbook** Aerobics and Fitness Association of America Staff, 1987-03

**Certification and Accreditation Programs Directory** Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence

**Get Fit Now and Feel Great Forever** Terrence Thomas, Beth Kirsner, 1993

**A Guide to Exercise and Fitness Equipment** Prevention Magazine, 1987

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in place but key topics and 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

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