



# **Secrets of the NSCA-CPT Exam Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Mometrix Secrets Study Guides)**

*NSCA-CPT Exam Secrets Test Prep Team*

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*NSCA-CPT Exam Secrets Test Prep Team*

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**\*\*\*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

It's filled with the critical information you'll 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 Human Bones
- Joints
- Movements performed

**The Muscular System section covers:**

- Contraction
- Types of Muscle Fibers
- Muscles - Types; planes of movement; action
- General principles; definitions; elements of training

**The Circuit Training section covers:**

- Energy Production
- Determining Exercise Intensity
- Breathing and Stretching Exercises
- Exercise Technique
- Gait Cycle
- Heart Rate

**The Fitness Tips section covers:**

- Fitness misconceptions
- Exercise in the USA
- Client Consultation
- Assessment; Evaluation Tests; Forms
- Client's History

**The Testing Flexibility section covers:**

- Program Planning
- Order of Exercises
- Age and Health Considerations
- Injuries; Risks; Guidelines for Reducing Injury
- Strength and Safety Guidelines

These sections are full of specific and detailed information that will be key to passing the NSCA-CPT Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

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**Sean Ward:**

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