

# ACE

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# Personal Training Study Guide

**Jenny Schaefer**



## **Personal Training Study Guide:**

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**ACE Personal Trainer Manual** Ace Personal Training Manual Prep Team, Ace Personal Trainer Study Prep Team, 2018-05-16 ACE Personal Trainer Study Guide 2018 2019 and ACE Personal Trainer Exam Prep Book for the American Council on Exercise Personal Training Certification Exam

**Acsm Certified Personal Trainer Exam Prep** CPT Exam Prep Team, 2016-02-29 A concise study guide that highlights the knowledge and skills required to pass the ACSM CPT Exam to become a certified personal trainer. The content in this study guide references the latest ACSM's Resources for the Personal Trainer 5th Edition presented in an easy-to-read format that helps to comprehend and retain the information. This study guide is organized in the following four performance domains: Domain I Initial Client Consultation and Assessment 25%, Domain II Exercise Programming and Implementation 45%, Domain III Exercise Leadership and Client Education 20%, and Domain IV Legal and Professional Responsibilities 10%. Includes quick reference pages for required Formulas, Conversions, and Acronyms. Includes 50 practice questions to enhance knowledge and to have an idea of what the actual test will look like. Includes detailed practice question answers with explanations on how the

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Hile,2016-02-29 A simple study guide that highlights the knowledge skills required to pass the ACSM CPT Exam to become a certified personal trainer The content in this study guide is presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following four performance domains Domain I Initial Client Consultation Assessment Domain II Exercise Programming and Implementation Domain III Exercise Leadership Client Education Domain IV Legal Professional Business Marketing Includes quick reference pages for required Equations Conversions Acronyms Includes 50 practice questions to further enhance knowledge to have an idea of what actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes resources and helpful links that share additional information to help prepare you for exam Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions detailed descriptions of the heart muscles nutrition training modalities and more

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