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Certification The American Council on Exercise (ACE) is a nonprofit health coach and exercise professional certification group that looks to ensure the highest industry standards are met by those working in the health and exercise industry.

Personal Trainer Test

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Resources page for the Certified Personal Trainer Test. Our goal is to assist you in passing your CPT. Below is some great information to help you study, and if you need further assistance call us as we are always open to answering your questions (424) 675-0476.

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and Fitness Certified
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taker ' s knowledge and
ability to perform

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this study guide is
presented in an easy to
read format that helps
to comprehend & retain
the information.

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materials that are sure to be on the exam, right?

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Cert is the best fit for you. This study guide covers the most recent volume of the textbook: NASM Essentials of Personal Fitness Training 6th Edition.

Personal Trainer
Certification & Exam |
Personal Trainer Test
Treating the
musculoskeletal
pathology is outside of

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the scope of practice of a personal trainer and should be instead left to a physical therapist.

Instead, a personal trainer's role is to best meet the client's health and fitness needs without making the condition worse. Their physical therapist will have prescribed rehabilitative movements.

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Personal Trainer |
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If you are undecided on which personal trainer certification to choose, I suggest you take the quiz to find out which Cert is the best fit for you. This ACE study guide, practice test in flashcards cover the most recent American Council on Exercise

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personal trainer manual,
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foundation of
knowledge and skills.
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Medicine Board of
Certification (NASM-
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NASM Practice Test
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Mometrix

The CPT credential identifies the individual's knowledge or skills related to the specific job of a Certified Personal Trainer. Depending on one's background, experience and available time to prepare for the Certified Personal Trainer Exam, a candidate generally

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needs to invest
approximately 80 - 100
hours of study.

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the key concepts
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Textbook) highlights information that is crucial to passing the NASM-CPT Exam. With so many topics that can make it on the test, trust us to guide you to the information that will lead to your success.

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