



NSCA-CPT Exam Flashcard Study System: Nsca-CPT Test Practice Questions and Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam

By Nsca-CPT Exam Secrets Test Prep Team

Mometrix Media Llc, United States, 2015. Cards. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. Flashcard Study System for the NSCA-CPT Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the National Strength and Conditioning Association - Certified Personal Trainer Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the NSCA-CPT Exam covers: Exercise, Pathology, Anatomy/ Physiology, Miscellaneous, General Exercise Principles, Adhesive Capsulitis, Type I vs. Type II Fibers, Physical Activity Readiness Questionnaire, Class-1 Lever, Diabetes Mellitus, Sarcomere, Responsibilities of the Trainer, Deadlift Technique, HIV and AIDS, Action Potential, Fluid Replacement, Full Squat Technique, Osteoporosis, Smooth Muscle, Tanner Scale, Core lifts, Osteoarthritis, Muscle fiber, Karvonen Formula, Breathing patterns, Jumper s knee, Cardiac Control Center, Borg Rating of Perceived Exertion Scale, Principle of Specificity, Atherosclerosis, Receptor Types, Ethical Decision Making, Cross Training, Ischemic...



READ ONLINE
[2.17 MB]

Reviews

Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me).

-- Prof. Lawson Stokes IV

The ebook is fantastic and great. I really could comprehend every thing out of this published e publication. You can expect to like the way the blogger write this publication.

-- Precious Farrell