

ACSM STUDY GUIDE 2022

BIOMECHANICS - ANSWER principles of physics related to energy and force as they apply to the human body

PROXIMAL - ANSWER CLOSER TO THE TRUNK

DISTAL - ANSWER further from the trunk

SUPERIOR (CRANIAL) - ANSWER above, toward the head

INFERIOR (CAUDAL) - ANSWER lower than, toward the feet

ANTERIOR (VENTRAL) - ANSWER toward the front

POSTERIOR (DORSAL) - ANSWER toward the back

MEDIAL - ANSWER closer to the midline

LATERAL - ANSWER further from the midline

THREE CARDINAL BODY PLANES - ANSWER sagittal plane, frontal plane, transverse plane

SAGITTAL PLANE - ANSWER makes a division into right and left portions

FRONTAL PLANE - ANSWER makes a division into anterior (front) and posterior (back) portions

TRANSVERSE PLANE - ANSWER makes a division into upper (superior) and lower (inferior) portions

ROTATION - ANSWER movement around a longitudinal axis, either toward or away from the midline

CIRCUMDUCTION - ANSWER a combination of flexion, extension, abduction, and adduction

EVERSION - ANSWER turning the sole of the foot away from the midline

INVERSION - ANSWER turning the sole of the foot toward the midline

Bones of the skull, vertebral column, ribs, and sternum... - ANSWER AXIAL SKELETON

Acsm Study Guide

Daniel Hile



Acsm Study Guide:

Acsm Certified Personal Trainer Exam Prep Daniel 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

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 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% 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 answers are obtained Includes resources and helpful links that share additional information to help you be fully prepared on test day Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions and detailed descriptions of the heart muscles nutrition training modalities and more

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to practice Content in this 6th Edition has been updated to align with the latest edition of ACSM sGuidelines for Exercise Testing and Prescription and reorganized to strengthen connections between the material users will encounter on their exams and how they will apply that knowledge in practice **ACSM Health and Fitness Track Certification Study Guide, 1998** American College of Sports Medicine,American College of Sports Medicine (ACSM) Staff,Frederick S Daniels,1998-03

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