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Study Guide. \$ 69.00. A digital download of this Workbook, comes with your purchase of the Standard Package or Premier Package. However, some people prefer to study offline. Developed around the chapters of the Trainer Manual, this workbook helps you to prepare yourself for a complete understanding of the terms, concepts, and fitness components found in the NFPT Personal Trainer Manual.

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This Study Guide is a supplemental learning tool that breaks down the NFPT Study and Reference Manual, chapter by chapter. The quiz questions for each chapter are for the purpose of retention and better understanding of the education material provided in the respective chapter. Visit www.onlinelearning.nfpt.com for this educational tool in an interactive Online Study Guide course format.
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Movement of blood from one part of the body to another requires

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_____ of vessels in that specific region and _____ of the vessels in all other regions. Vasoconstriction.

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NFPT-CPT Scope of Practice A personal trainer is a fitness professional who possess the knowledge, skills and abilities for safe and effective exercise, fitness program design, instruction and assistance for the purpose of reaching personal health and fitness goals.

NFPT Personal trainer certification handbook

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guide provides a break down of each chapter into over 350 practice questions. It helps to reinforce concepts discussed in the Personal Trainer Manual. Skip to content NFPT Study Guide for Personal Trainer Certification It's at the junction where the nervous system and the endocrine system come together at the hypothalamus.

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NFPT-CPTs understand fundamental exercise science principles for safe and effective fitness program design. We provide a foothold for the entry level personal trainer and brings credentialing value to existing CPTs. NFPT Education gives fundamental, trend-free, back-to-basics teaching to fitness enthusiasts who aspire to be personal trainers. The NFPT Personal Trainer Manual is a comprehensive resource for understanding fundamental exercise science and fitness training concepts.

National Federation of Professional Trainers

to the NFPT Certified Personal Trainer manual (NFPT Study & Reference. Manual: The Fundamentals) and has assisted NFPT with the creation of various courses to include advanced trainer workshops. Charles has also written continuing education courses approved by the American. Council on Exercise (ACE) and...

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Steps to Studying Success. I was given access to NFPT's online portal and set up a username and password. Upon entering... Application and Implementation. NFPT put me in touch with their live-workshop partners, Global Fitness Educators. I... Taking the Test. The test consisted of the same exam ...

How to Study for Your Personal Trainer Certification Exam

The study guide and manual aren't the best organized material I have ever seen, and I wouldn't rely just on the study guide questions if you are serious about the passing the test. Second, This is just

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general study advice really, but it would serve you well to understand -- conceptually -- the material in the book.

NFPT Exam Study Tips - Starting-A-Personal-Training-Business

To get certified, NFPT offers you two juicy study packages. You are required to choose between one of two standard enrollment programs. There is the Standard Package, the Premier Package, and the Exam-Only option. The standard package includes the “bare bones” essentials for test prep (i.e. the personal trainer manual and study guide).

NFPT Review 2020 - NFPT Certification Cost vs Value Comparison

Online study portal: includes study questions, illustrations and videos. Personal Trainer Manual: digital download & hard copy. Study Guide: digital download & hard copy. Expert Support: 30 min phone consultation by appointment with an NFPT instructor. Your NFPT-CPT Title: upon successful completion of your exam.

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