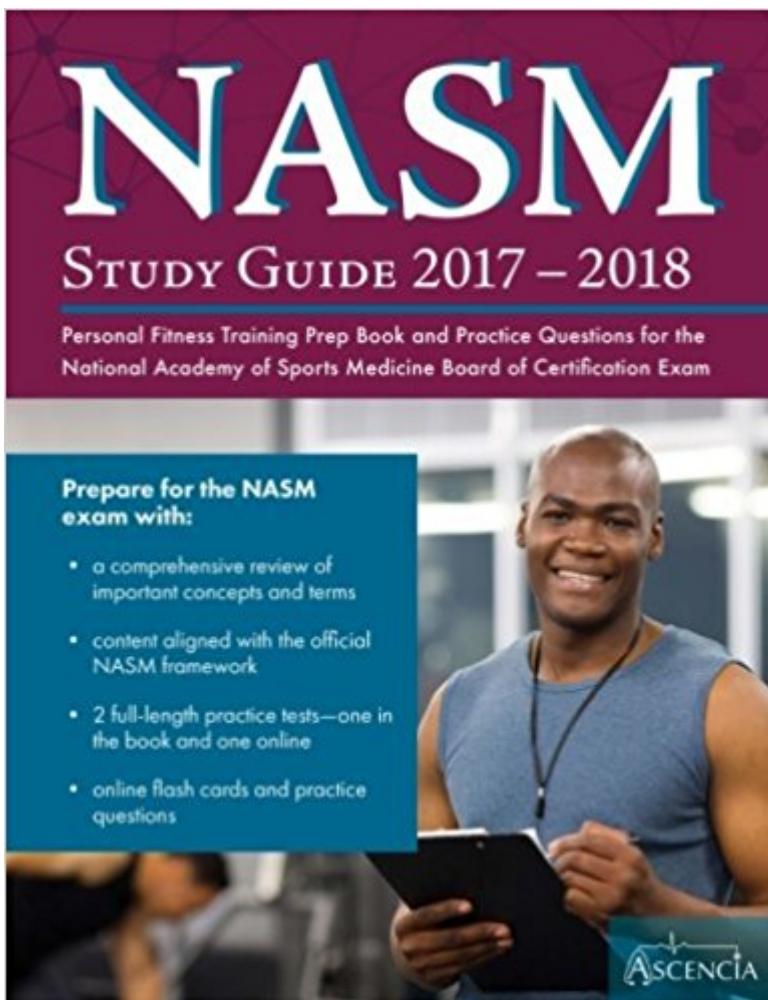


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# **NASM Study Guide 2017-2018: Personal Fitness Training Prep Book And Practice Questions For The National Academy Of Sports Medicine Board Of Certification Exam**





## Synopsis

Ascencia Test Prep's study guide, *NASM Study Guide 2017-2018: Personal Fitness Training Prep Book and Practice Questions for the National Academy of Sports Medicine Board of Certification Exam* is a comprehensive book offering readers a full review of the subject matter covered on the NASM Personal Fitness Training exam, test tips and strategies, real-world examples, and worked through practice problems. Ascencia's NASM Personal Fitness Training book covers: EXERCISE SCIENCE, NUTRITION, ASSESSMENT, EXERCISE TECHNIQUE, PROGRAM DESIGN, CLIENT RELATIONS AND COACHING, SAFETY AND RISK MANAGEMENT, and PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY. Ascencia's NASM Personal Fitness Training study guide also includes a full NASM Personal Fitness Training practice test, ensuring that readers will be prepared come test day.

About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally, all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

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## Customer Reviews

I would definitely recommend this guide to others. It is the complete guide to train you for the test to become a Personal Fitness Professional. I have a small gym that I put together for my personal training to allow me to stay in shape for my one true passion, insane backpacking trips across rugged wilderness areas with no trails. I am getting older and it takes constant "upkeep" and muscle building for me to keep at it. In the meantime, friends began digging my gym and the next thing I know, I'm training people without the proper knowledge base needed to do it right. I found this book and I purchased it, and began learning just how much I really don't know! I keep it in my gym and now, when someone ask me something I don't know, I toss it to them and say, "LOOK IT UP!" I don't know if I will take the exam because I don't really know if I will continue to train myself and others when I can no longer extreme backpack. I guess we shall see but, this book has taught me a lot and that is always a plus.

I feel like this basically just repeats the chapters in the book with minor variations. But for the price, it's definitely worth the few bucks to get it.

The flashcards have been very helpful in my studies because I needed to travel a lot recently and they were easy to pack and carry with me to study. I also walk 4-5 miles per day and found that with the flashcards, I could walk and study at the same time. I also found the book to contain lots of helpful review material and tips for taking the exam. Would definitely recommend this product. Recently took my on-line mid term exam and did very well.

Still working on my certification but so far I'm enjoying your study materials. The book is very helpful and all the information inside are useful. I recommend this Study guide!

Could include a DVD/CD with the book, with practice tests. Good book though!

Was somewhat helpful in preparing for the exam, BUT some of the specific information is NOT

same as NASM textbook. That said, NASM keeps changing editions, in the past year, they introduced the 5th edition, and just recently, they changed to the 6th edition... I found that the apps I purchased on/for my iPhone were more helpful. The best was the "pocket prep". I did pass the exam.

This is a wonderful concise yet comprehensive study guide to becoming a Personal Fitness Trainer with practice questions for the Board of Certification exam. You can also go online for more material and an additional Practice Test. The book is divided into 9 chapters. 1. Exercise Science 2. Nutrition 3. Assessment 4. Exercise Technique 5. Program Design 6. Client Relations and Coaching 7. Safety and Risk Management 8. Professional Development and Responsibility 9. Practice Test with Answer Key. You should be able to find everything you need to become a Personal Fitness Trainer and pass the certification test. I love the drawings and the easy yet informative concepts that you will need to know to be successful. I was gifted this Study Guide by Ascencia to test this book and write a review. I can highly recommend this Study Guide. It is up to date and will allow you to succeed in your goals.

I would definitely recommend this guide to others. The guide is put together very well. All of the major sections are included: Exercise Science, Nutrition, Assessment, Exercise Technique, Program Design, Client Relations and Coaching, Safety and Risk Management, and Professional Development and Responsibility. Each major section has its own subsection, which makes this organization style perfect for anyone who needs to quickly find a certain area of study to refine. There is a practice test at the end of this guide, which took a lot of pressure off of me in terms of what to expect, budgeting my time, and feeling more confident about getting a passing score.

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