



# Secrets of the NSCA-CPT Exam Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Mometrix Secrets Study Guides)

By NSCA-CPT Exam Secrets Test Prep Team

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**\*\*\*Includes Practice Test Questions\*\*\***

**Get the test prep help you need to be successful on the NSCA-CPT test.**

The NSCA-CPT Exam is extremely challenging and thorough test preparation is essential for success. ***NSCA-CPT Exam Secrets Study Guide*** is the ideal prep solution for anyone who wants to pass the NSCA-CPT exam.

Not only does it provide a comprehensive guide to the NSCA-CPT Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

***Secrets of the NSCA-CPT Exam Secrets Study Guide*** includes:

- A thorough review for the National Strength and Conditioning Association - Certified Personal Trainer Exam
- A breakdown of body composition
- An analysis of males vs. females
- An examination of the respiratory system
- A guide to energy production
- A breakdown of the circulatory system
- An analysis of nutrition
- A guide to wellness
- An in-depth look at ergogenic aids
- A breakdown of the skeletal system
- A guide to key points of the muscular system
- An in-depth look at circuit training

- A breakdown of different fitness tips
- An analysis of testing flexibility
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the National Strength Conditioning Association (NSCA) Certification Commission expects you to have mastered before sitting for the exam.

**The Body Composition section covers:**

- BMI
- Body Composition

**The Respiratory Review section covers:**

- Minute ventilation
- Residual lung volume
- Total lung capacity

**The Circulatory System section covers:**

- Course of circulation
- The Heart
- Cardiovascular conditions

**The Nutrition section covers:**

- Water
- Protein
- Minerals
- Vitamins
- Carbohydrates
- Eating Disorders

**The Skeletal System section covers:**

- Axial Skeleton
- Appendicular Skeleton
- Characteristics of Bone
- Major Types of Human Bones
- Joints
- Movements performed

**The Muscular System section covers:**

- Contraction
- Types of Muscle Fibers
- Muscles - Types; planes of movement; action
- General principles; definitions; elements of training

**The Circuit Training section covers:**

- Energy Production
- Determining Exercise Intensity

- Breathing and Stretching Exercises
- Exercise Technique
- Gait Cycle
- Heart Rate

**The Fitness Tips section covers:**

- Fitness misconceptions
- Exercise in the USA
- Client Consultation
- Assessment; Evaluation Tests; Forms
- Client's History

**The Testing Flexibility section covers:**

- Program Planning
- Order of Exercises
- Age and Health Considerations
- Injuries; Risks; Guidelines for Reducing Injury
- Strength and Safety Guidelines

These sections are full of specific and detailed information that will be key to passing the NSCA-CPT Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

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*By NSCA-CPT Exam Secrets Test Prep Team*

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## **Editorial Review**

Review

### **Our Study Guide for the NSCA-CPT Test Is Unlike Any Other**

If you'd like to get the NSCA-CPT test score you deserve, to quit worrying about whether your score on the NSCA-CPT test is "good enough," and to beat the test taking game so you can become a NSCA-Certified Personal Trainer (CPT), then this might be the most important message you read this year.

Our comprehensive study guide for the NSCA-CPT Exam is written by our NSCA-CPT test experts, who painstakingly researched the topics and the concepts that you need to know to do your best on the NSCA-CPT test. Our original research into the NSCA-Certified Personal Trainer (CPT) Exam, offered by the National Strength & Conditioning Association (NSCA) Certification Commission, reveals the specific content areas and the essential skills that are critical for you to know on the NSCA-CPT test. We've taken the information and developed a study guide that is guaranteed to help you be successful on the NSCA-CPT test.

Now, we know you may be skeptical, so let us give you three good reasons we can back up what we claim:

#### **The Three Reasons To Believe What We Say**

##### **The First Reason:**

Our company's name is Mometrix Test Preparation, and we have a team of standardized test researchers who have worked on developing our study guide for the NSCA-CPT test. The standards for who gets to work on the team are very strict- we demand the best for our customers, and only those who met our exacting standards made the cut. The dedicated research staff have years of combined experience in mastering the content and skills necessary to succeed on the toughest exams.

##### **The Second Reason:**

Some academic studies have revealed that test takers do not really benefit from the traditional test preparation process. But we knew there had to be a solution- if test takers were not doing well on the NSCA-CPT test despite high intelligence, there had to be a set of secret keys to the test that would open the door of success for these test takers.

We believe we have succeeded in finding the secret keys of the exam. What we found was surprising, and in some cases **ridiculously simple** once explained to the average test taker.

We put the findings together in a thorough, concise study guide that we believe allows any test taker, at any skill level, to **improve his or her results dramatically** with a *minimum of effort*.

##### **The Third Reason:**

We created the product in part because we were frustrated by the options available to test takers who really wanted to do well on the NSCA-CPT test.

A common approach is to TEACH the material, instead of TEACHING THE TEST. That's not necessarily good enough for the NSCA-CPT test- you have to know how to apply the knowledge. Most test takers already have a general knowledge of the material that will be covered on the exam.

One reason some test takers do well on the day of the test is that they have made the critical connection between the material they learned and how to use the material to succeed on the NSCA-CPT test.

Our guide addresses the difference between merely knowing the material and knowing how to use the material to **perform on test day**.

You're going to save time, money, and aggravation. You'll learn to avoid the mistakes and the bad strategies that you've been vulnerable to. --Just for starters, here are some ways our product can help your score on the NSCA-CPT test...

### **The Exclusive Test Taking Techniques**

- Keys to questions that "give away" the wrong (or right) answers- You get credit for some of the questions without really even knowing anything about them
- Get quick, customized help for the questions you have- just send us a quick email and we'll get back to you promptly with the answer.
- Details the EXACT STUDY PLAN for the NSCA-CPT test that we believe gives the most results in the least time- No matter if you're studying for a week or a month, you won't waste the precious study time you have on useless activities
- Our researchers are more than just academic theoreticians who understand the technical nature of standardized tests, but are also experts on test taking itself- they reveal the exact skills and the information you'll need to perform under pressure during the test.
- A systematic analysis and the best breakdown into "plain language" of how to deconstruct and master the toughest problems- You turn the problems that most of the test takers will stumble over to your advantage
- Learn why, when, and how to guess to your advantage. Many test takers use exactly the wrong strategy, but you can avoid the pitfalls with the help of our standardized test experts
- Includes instructions detailing the best way for you to get started with your preparation efforts so you can begin the path of improving your scores immediately
- The most efficient and accurate method for picking the right answer every time- You won't be scratching your head trying to read the mind of the test question writer, but will instead know exactly what to look for to pick the best answer
- Courteous, unlimited customer service is 100% free- if you need the product emailed to a different address, lose the product, or have any other difficulty- the help you need is just a short email away and our representatives are active 7 days a week helping customers
- The research of our team of test experts is 100% independent and original
- Our exclusive "calibration strategy" to help you never go too fast OR too slow when answering even the toughest questions
- The 5-step process we've developed, what we call the "phased" approach, concerning the use of the various study aids and practice tests
- How the problem of procrastination can kill your chance of success, and the most important thing you can do about it
- How to know when you've studied as much as you need to for the exam- and the reason why we think some people should spend LESS time studying for the test
- The Top 20 things you should take care of within 24 hours of taking the test- use the list we provide as a checklist to make sure you've taken care of the "little things" in addition to studying hard

- How to predict the right answer before you see the answer choices- and how to prevent the wrong answers from "polluting" your mind and tempting you into a trap designed by the test writers
- Why answers that "sound" correct are often the very ones that are wrong- and how to tell the difference between the right answer and the many clever-sounding traps set for you by the test writers
- Our "benchmark" method for deciding which of the answer choices you should pick
- How some of the random bits of information in a question often "give away" the right answer choice
- How to "milk the question" for clues to the right answer even if you have no idea what the question is asking about
- How to avoid panicking when you don't know the answer to a question- we offer a systematic method that will serve as the "lifeline" you need to minimize the time wasted on the test questions that leave you stumped --
- What to do about the tough questions that you have no clue how to answer- don't just give up, use the advice we offer to make sure you give yourself the best chance of getting the right answer
- How to use our brainstorming method to get "inside the question" and reveal the hard-to-find clues and some of the subtle things you didn't realize you knew
- Do you know what a "hedge phrase" is? Learn why looking for the key "weasel words" in the question can help identify the correct answer
- Why "new information" in the answer choices almost always means that the answer choice is wrong- and the way to avoid this trick planted by the clever test writers
- Learn to avoid this time-draining mistake on the test - why the technical terms you don't know can be a major stumbling block and waste precious time, and the way that you can work around them
- The secret to using the contextual clues in the questions and the answer choices to make important distinctions between the right and the wrong answer choices
- The two situations where you should NOT check your answers thoroughly
- How to avoid careless mistakes by using the quick "double check" system. It will more than pay for itself relative to the time it will take you
- Test writers will often quote directly from the question in an answer- learn whether this is something you should trust or avoid
- Why "extreme statements" in the answer choices are dead giveaways for wrong answers- find out how to detect the subtle differences between reasonable answers and the answers that are almost always wrong
- Learn how to group your answer choices into "families" that often narrows down the pool of correct answers- this is a quick way to immediately eliminate one or two of the answer choices and increase your odds of getting the question right

Now, you're probably wondering how and why we can do all the things we claim.

Let us explain.

Before we go any further, let us clarify what *Secrets of the NSCA-CPT Exam* is not. It is not a stale rehash of all of the things you have already learned in the past.

*Secrets of the NSCA-CPT Exam* is our exclusive collection of the tips and the information that we have specially selected to give you the best results on the NSCA-CPT test for the least time spent studying. It's written in everyday language and is easy to use.

We cover the **5 essential skills** necessary to do well on the NSCA-CPT test, plus **comprehensive reviews** covering all of the essential test sections individually.

**Don't take our word for it. Listen to what our customers say about other Mometrix test preparation**

**products.**

I purchased the Secrets file, and I just wanted to let you know that I aced my test. I just want to thank you again, and hope you have continued success in your ventures. Sincerely, Paul L.

My name is Chris. I used the Secrets study guide for five days. The study guide made the test so easy to understand. Like you said this program is worth 100's of dollars. To me 1,000's!! THANKS, Chris G.

I just had to thank you guys for the test prep! I bought the guide as a last minute prep, I mean maybe 5 hours before the test. Like I said, I had ZERO preparation! I was nervous about the test let alone receiving the score I needed. I read the guide through only once before test time and needless to say, the only way I passed was thanks to your refresher!! Brian

I heard about your website from a friend. I am enrolled in a review course, and in hindsight, I wish I wouldn't have taken my review course and instead spent a fraction of the money on your program. Thank you! Zac L.

**You get at least 10 times your money's worth!** --When you consider what's at stake with the exam, we believe the value of our study guide gives you at least ten times your money's worth.

## **Users Review**

**From reader reviews:**

**Sheila Carter:**

This Secrets of the NSCA-CPT Exam Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Mometrix Secrets Study Guides) usually are reliable for you who want to certainly be a successful person, why. The reason why of this Secrets of the NSCA-CPT Exam Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Mometrix Secrets Study Guides) can be one of many great books you must have is actually giving you more than just simple reading food but feed anyone with information that perhaps will shock your preceding knowledge. This book is actually handy, you can bring it almost everywhere and whenever your conditions in the e-book and printed people. Beside that this Secrets of the NSCA-CPT Exam Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Mometrix Secrets Study Guides) giving you an enormous of experience like rich vocabulary, giving you tryout of critical thinking that we all know it useful in your day action. So , let's have it and luxuriate in reading.

**Sandra Conaway:**

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**Lily Terry:**

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**Gary Wells:**

As a student exactly feel bored to be able to reading. If their teacher inquired them to go to the library as well as to make summary for some e-book, they are complained. Just minor students that has reading's soul or real their leisure activity. They just do what the instructor want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that examining is not important, boring along with can't see colorful pics on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this period of time, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore this Secrets of the NSCA-CPT Exam Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam (Mometrix Secrets Study Guides) can make you truly feel more interested to read.

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