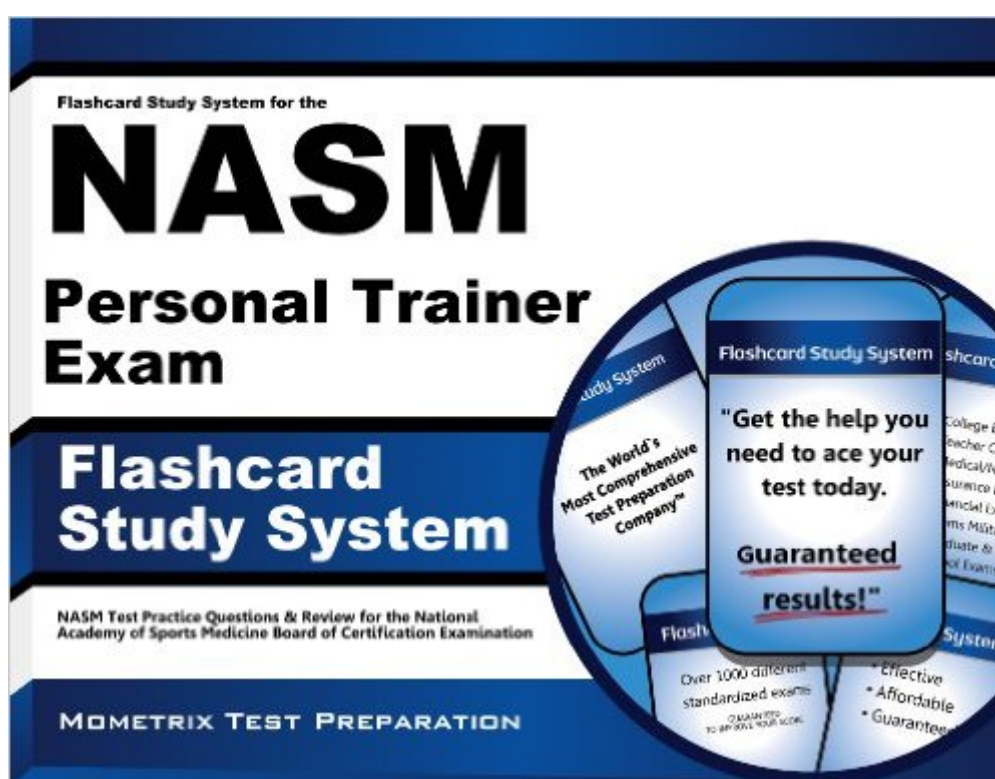


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# Flashcard Study System For The NASM Personal Trainer Exam: NASM Test Practice Questions & Review For The National Academy Of Sports Medicine Board Of Certification Examination (Cards)



## Synopsis

\*\*\*Ace the NASM Exam and Get the Results You Deserve\*\*\* The NASM exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our Flashcard Study System for the NASM Personal Trainer Exam Study Guide can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the NASM exam. The Assessment section includes: Subjective Assessment Objective Assessment Movement Assessment The Exercise Technique section includes: OPT Model Flexibility Training Cardiorespiratory Training Core Stabilization Training Reactive Training SAQ Training Integrated Resistance Training The Program Design section includes: NASM program design Acute Variables Principle of specificity Examples of exercises Periodization Phases of training The Nutrition section includes: Protein Carbohydrates Lipids Water Vitamins and Supplements The Client Relations and Administration section includes: Client goal setting Customer Service Acquiring Clients The Professional Development and Responsibility section includes: Code of Ethics Emergency Aid The Musculature/Innervation Review section includes: Arm and Back The Forearm The hand The Thigh The Calf and Foot The CPR Review/Cheat Sheet section includes: Conscious Choking Unconscious Choking Rescue Breaths...and much more! We believe in delivering lots of value for your money, so the Flashcard Study System for the NASM Personal Trainer Exam Study Guide is packed with the critical information you'll need to master in order to ace the NASM 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. Flashcard Study System for the NASM Personal Trainer Exam Study Guide uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. 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. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. Flashcard Study System for the NASM Personal Trainer Exam Study Guide can help you get the results you deserve.

## Book Information

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## Customer Reviews

I wish I would have been able to see what the actual flash cards looked like before shelling out more than \$60.00 bucks. It's a task to even try and study 1 flash card because they are so lengthy and I'm not even kidding. To give you an idea this is the info on 1 flash card :  
**\*Side One\*** Explain how blood pressure is measured: name the two instruments used, give the normal range of inflation (in millimeters of mercury [mm Hg]), and describe the rate of pressure release. Discuss the difference between diastolic and systolic blood pressure, and list the normal average range for blood pressure.  
**\*Side Two\*** I kid you not this is on the other side  
Blood pressure is a measurement that reveals how much blood flow force is being placed on the interior walls of a person's arteries. This pressure emanates from the heart, which pumps the blood throughout the body. Blood pressure is measured by using both a stethoscope ( to listen to the pulse at the brachial artery) and a sphygmomanometer ( cuffed around the arm, above the elbow). The cuff should be rapidly inflated to 20-30 mm Hg above the point at which the pulse is no longer felt at the wrist. The pressure should be released at 2 mm Hg per second. The top number of a blood pressure measurement is called the systolic reading and is measured when the pressure is first released and the sound of the pulse is first heard. It reflects the top level of force produced by the cardiac cycle. The diastolic reading is measured when the sound of the pulse fades away. It appears on the bottom of the reading and reflects the lowest amount of pressure produced during the cardiac cycle. An average normal reading for an adult in between 120 mm Hg for the systolic number and from 80 to 85 mm Hg for the diastolic number.  
**\*What The\*** Seriously though, That is 1 Flashcard.... Just 1 Flashcard...  
**\*If you are**

looking for a quick review for preparation for the NASM CPT Test then I would recommend The Pocket Prep NASM CPT Exam Practice App on your phone instead.

Some may look at flashcards as a boring method to study. However, they can get the job done. This system covers all content in relation to the NASM Personal Trainer exam. The framework of the cards are easy to follow.

I enrolled in the NASM self study program, so it was just me and the text book. I started by reading the chapters and typing the vocabulary words on a document. That was not working for me. I found it annoying, tedious, and I never wanted to study. I lost my way for a few months. THEN I came across your flashcards, hesitated a bit to order them, and finally did. I'm so happy that I did. These cards have made studying much less of a burden, and just so much easier in general. I was able to take them with me to work, and use my free time to get some extra studying. It has been a game changer for me. I no longer hate studying, and sometimes even find myself enjoying it, at least when progress is being made. I am about to start chapter 14 and should be done in a few weeks! Like I said, game changer!! The one thing that might make these better are indicating on the flashcards what chapter it matches up with. Other than that I am soooo happy I got these, there is no way I would have gotten this far without them. And I'm pretty sure I'm going to own this test when the time comes.

Received the product in a very timely manner. Product is just what I needed and the price was very reasonable.

Needed this exact product and found it on . It was affordable and easy to order but what was really nice is how fast it came. Pine Island Books gave superior service with their quality products and fast shipping which was professional and welcome. Thank you, Cathi T. CA

She never really learned How to study but thanks to this flashcard system, I know she will taste victory and success. After she robbed me blind, I needed an affordable solution for her to learn how to make her own money. Thanks

I highly recommend this package to anyone wanting addition material to what they have or these can even be used alone as they contain everything needed to pass the NASM version 4 exam.

Save money, this package and the cost of the exam is all that you need to start enjoying a new career and follow your passion. Get out of the job you hate and into the job you'll love today! It doesn't get any easier, cheaper or faster to make a major change in your career and life than this...

Quality okay, easy to tear. More than possibly 200 cards, which i think is more overwhelming than helpful. They're not really a refreshment, since all the information and "nitty griddy" is on the card. No simple answer, I would suggest buying, and picking out the cards to go over (if you really need flash cards like that) other wise there is better options. This option is better for people who don't have the book and trying to retain all the knowledge in a few months as oppose to someone trying to remember the important details of it.

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