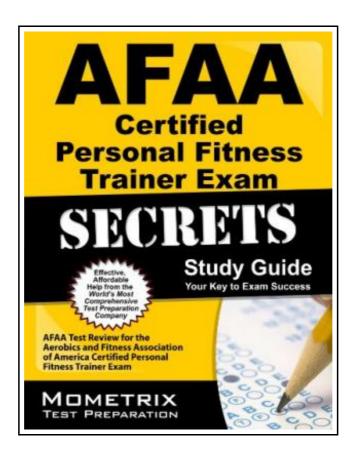
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Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 100 pages. Dimensions: 6.9in. x 6.3in. x 0.3in.Includes Practice Test Questions Get the test prep help you need to be successful on the AFAA test. The AFAA Certified Personal Fitness Trainer Exam is extremely challenging and thorough test preparation is essential for success. AFAA Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the AFAA exam. Not only does it provide a comprehensive guide to the AFAA Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. AFAA Certified Personal Fitness Trainer Exam Secrets Study Guide includes: A thorough review for the AFAA - Certified Personal Fitness Trainer Exam A breakdown of anatomy and kinesiology An examination of fitness assessment testing procedures An analysis of nutritional fundamentals and weight management A guide to special populations and medical considerations An in-depth look at listening, leadership, and motivational skills A breakdown of exercise programming in the weight room An examination of wellness programming and screening guidelines Comprehensive practice questions with detailed answer explanations Its filled with the critical information youll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Aerobics and Fitness Association of America (AFAA) expects you to have mastered before sitting for the exam. The Anatomy and Kinesiology section covers: Lung issues Aerobic fitness measurements Elbow joints The spine Types of muscle The Fitness Assessment Testing Procedures section covers: Standard fitness assessment Strength and endurance tests Flexibility and posture tests Assessing cardiorespiratory fitness The Nutritional Fundamentals and Weight Management section covers: Carbohydrates Fat and Lowering fat intake Cholesterol and lipoproteins Claims of supplement manufacturers The Special Populations and Medical Considerations section covers: CHD and CVD Blood pressure factors Injuries Treating injuries...

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