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Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certification and specializations. NASM Essentials of Personal Fitness Training, Sixth Edition, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers, health and fitness professionals and enthusiasts.

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Designed to accompany the new Third Edition of the National Academy of Sports Medicine's "NASM Essentials of Personal Fitness Training", this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam. It includes matching, vocabulary, short answer, and multiple-choice exercises.

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Synopsis Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model.

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"NASM Essentials of Personal Fitness Training, Seventh Edition, teaches the foundations of exercise science, fitness assessments, nutrition, and how to grow a personal training business. Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certification and specializations.

NASM essentials of personal fitness training (Book, 2021) ...

NASM Essentials of Personal Fitness Training FOURTH EDITION Micheal A. Clark, DPT, MS, PES, CES Chief Executive Officer National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett, MS, PES, CES, NASM-CPT Director of Product Development National Academy of Sports Medicine Mesa, AZ.

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NASM Essentials of Personal Fitness Training, Seventh Edition, is the most complete resource for aspiring personal trainers, health and fitness professionals and enthusiasts. It provides an immersive experience for all learners with diverse educational backgrounds. From real-world scenarios to comprehensive preparations for the

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CHAPTER 1-NASM Essentials of Personal Fitness Training ...

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NASM Essentials of Personal Fitness Training (6th ed.). Burlington, MA: Jones & Bartlett. NIA (National Institute on Aging). n.d. Our genes are key to how we age.

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