
EXPERTRATING PERSONAL TRAINER CERTIFICATION QUESTIONS & ANSWERS GRADED A+

Abduction Answer - Those bodily movements which involve actions that are away from the midline of the body or one of the body parts

Abductor Answer - Muscle that causes abduction to occur

Adduction Answer - Involves movement towards the midline of the body

Adductor Answer - The muscle that causes adduction at a joint

Aerobic Fitness Answer - It is the ability of the body to perform exercise over an extended period of time in the presence of oxygen e.g. cycling, marathon running.

Agility Answer - It is a component of fitness which enables a person to move, change direction and position of the body quickly. This ability is inherent in the person and cannot be improved to a large extent

Agonist Answer - The agonist is the muscle which is directly responsible for the movement at a joint.

Anabolic Steroids Answer - Anabolic steroids are actually artificially produced male hormones. They are used by athletes to boost power and performance. These steroids can, however, lead to liver damage.

Anaerobic Activity Answer - Activities undertaken in the absence of oxygen e.g. weight lifting and sprinting. Such activities cannot be undertaken for long periods of time.

Anaerobic Capacity Test Answer - Used to measure the ability of the body to undertake exercises of a short duration and of very high intensity.

Antagonist Answer - An antagonist is a muscle that has an action opposite to that of the muscles directly responsible for the movement of a joint.

Arterio-Venous Oxygen Difference (VO₂ difference) Answer - Measure of the amount of oxygen consumed by the muscles. It is the difference between the oxygen content of the blood in the arteries and in the veins. While only about 25% oxygen is utilized when a person is resting, it can go up to about 80% during exercise.

Expertrating Personal Trainer Test Answers

**Mometrix Media, Mometrix Personal
Trainer Certification Test Team**



Experiencing Personal Trainer Test Answers:

Ace Personal Trainer Study Guide A. C. E. Personal ACE Personal Trainer Certification Exam Prep Team, 2015-09-24 ACE Personal Trainer Study Guide Study Companion Practice Test Questions for the American Council on Exercise Personal Trainer Certification Exam Developed for test takers trying to score well on the ACE Personal Trainer Certification Exam this comprehensive study guide includes Introduction Getting Ready For Test Day General Strategies Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct Safety and Risk Management Practice Test Questions Detailed Answer Explanations Post Exam Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACE Personal Trainer Certification Exam The practice test questions are each followed by detailed answer explanations If you miss a question it is important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the ACE Personal Trainer Certification Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

Sample Test for the Personal Trainer Certification Exam American Council on Exercise, 1996 **ACE Personal Trainer Study Guide** Ace Personal Trainer Exam Prep Team, Trivium Test Prep, 2017-09-25 Ascencia Test Prep's study guide ACE Personal Trainer Study Guide ACE Personal Trainer Manual with Practice Test Questions for the American Council on Exercise Personal Trainer Test is a comprehensive book offering readers a full review of the subject matter covered on the ACE Personal Trainer exam test tips and strategies real world examples and worked through practice problems Ascencia's ACE Personal Trainer book covers EXERCISE SCIENCE NUTRITION ASSESSMENT EXERCISE TECHNIQUE PROGRAM DESIGN CLIENT RELATIONS AND COACHING SAFETY AND RISK MANAGEMENT PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY Ascencia's ACE Personal Trainer study guide also includes a full ACE Personal Trainer 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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and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Customer Service We love taking care of our test takers We make sure that you interact with a real human being when you email your comments or concerns Anyone planning to take this exam should take advantage of this Test Prep Books study guide Purchase it today to receive access to ACE review materials ACE practice questions Test taking strategies

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