

ACSM STUDY GUIDE| 250 questions| with complete solutions

BIOMECHANICS correct answer: principles of physics related to energy and force as they apply to the human body

PROXIMAL correct answer: CLOSER TO THE TRUNK

DISTAL correct answer: further from the trunk

SUPERIOR (CRANIAL) correct answer: above, toward the head

INFERIOR (CAUDAL) correct answer: lower than, toward the feet

ANTERIOR (VENTRAL) correct answer: toward the front

POSTERIOR (DORSAL) correct answer: toward the back

MEDIAL correct answer: closer to the midline

LATERAL correct answer: further from the midline

THREE CARDINAL BODY PLANES correct answer: sagittal plane, frontal plane, transverse plane

SAGITTAL PLANE correct answer: makes a division into right and left portions

FRONTAL PLANE correct answer: makes a division into anterior (front) and posterior (back) portions

TRANSVERSE PLANE correct answer: makes a division into upper (superior) and lower (inferior) portions

ROTATION correct answer: movement around a longitudinal axis, either toward or away from the midline

CIRCUMDUCTION correct answer: a combination of flexion, extension, abduction, and adduction

EVERSION correct answer: turning the sole of the foot away from the midline

INVERSION correct answer: turning the sole of the foot toward the midline

Bones of the skull, vertebral column, ribs, and sternum... correct answer: **AXIAL SKELETON**

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ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs. *Pocket Study*

Guide: ACSM Exercise Specialist Chan Lee, 2016-03-07 Study for the test and pass the ACSM Certified Exercise Specialist exam with ease. This handy pocket sized book contains many of the type of questions you are likely to receive when studying for the ACSM Exercise Specialist test. Carry it with you and study any time. **ACSM Certified Clinical Exercise**

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Team, 2013-05-04 **Pocket Study Guide** Chan Lee, 2016-03-07 Study for the test and pass the ACSM Certified Personal Trainer exam with ease. Become an ACSM Certified Personal Trainer. This pocket sized book contains many of the type of questions that you are likely to face in the test. **ACSM Certified Personal Trainer Exam Prep**, Acsm Certified Personal Trainer Exam Prep CPT Exam Prep Team, 2016-02-29 A concise study guide that highlights the knowledge and skills required to pass the ACSM CPT Exam to become a certified personal trainer. The content in this study guide references the latest ACSM's Resources for the Personal Trainer 5th Edition presented in an easy to read format that helps to comprehend, retain the information. This study guide is organized in the following four performance domains: Domain I Initial Client Consultation and Assessment 25%, Domain II Exercise Programming and Implementation 45%, Domain III Exercise Leadership and Client Education 20%, Domain IV Legal and Professional Responsibilities 10%. Includes quick reference pages for required Formulas, Conversions and Acronyms. Includes 50 practice questions to enhance knowledge and to have an idea of what the actual test will look like. Includes detailed practice question answers with explanations on how the answers are obtained. Includes resources and helpful links that share additional information to help you be fully prepared on test day. Includes a link to save 30 OFF the ACSM CPT Exam. Includes term definitions and detailed descriptions of the heart, muscles, nutrition, training modalities and more. ACSM's Certification Review ACSM, 2013-02-01 ACSM's Certification Review is

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