

## NASM CPT Flashcards PDF

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What does NASMs CPT stand for?

National Academy of Sports Medicine Certified Personal Trainer

What is the primary focus of a Certified Personal Trainer?

To design and implement safe and effective exercise programs for clients.

What is the importance of assessing a client's fitness level?

To create a personalized training program that meets the client's specific needs and goals.

What are the components of physical fitness?

Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

What is the recommended frequency of exercise for general health?

At least 150 minutes of moderate-intensity aerobic activity per week.

What is the purpose of a warm-up?

To prepare the body for exercise by increasing heart rate and blood flow to muscles.

What is the difference between aerobic and anaerobic exercise?

Aerobic exercise requires oxygen for energy production, while anaerobic exercise does not.

What is the principle of progressive overload?

Gradually increasing the amount of stress placed on the body during exercise to improve fitness.

What is the role of a personal trainer in injury prevention?

To educate clients on proper form, technique, and safe exercise practices.

What is the significance of nutrition in fitness training?

Proper nutrition supports energy levels, recovery, and overall health.