



NSCA® Personal Trainer Practice Exam Kit: 300 Questions with Fully Explained Answers

Christy Hamilton

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Ace the NSCA® Personal Trainer Exam using this full-length, expert written practice exam with answers fully explained for ideal study.

Also includes Flash Card Study System, Exam Review and Testing Tips.

Pass the first time with a better score. It also complements any other study materials.

by Christy Hamilton NSCA

- Certified Personal Trainer
- Health and Fitness Writer
- Group Fitness Instructor
- ACSM Inclusive Fitness Trainer

The NSCA Certified Personal Trainer certification is for professionals who work with both active and sedentary clients in one-on-one situations.

Our Practice Exam content covers the same topics as the actual exam:

Client Consultation/Assessment:

Initial Interview
Health Appraisal
Medical History Review
Fitness Evaluation
Basic Nutrition
Weight management


Program Planning:

Goal Setting
Program Design
Training Adaptations
Special Populations

Exercise Techniques:

Resistance Machines
Free Weights
Cardiovascular Machines
Non-machine Exercise Techniques

Safety, Emergency Procedures and Legal Issues

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Ann Edwards:

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