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Basic Exercise
Science* **Training
Basics \u0026**

**Theory | Chapter
1: The
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~~LOOK - NASM~~

~~Chapter 1~~

~~Materials~~

Chapter 14 -

Integrated

Program Design

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Performance

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- Resistance

Training

Concepts Chapter

1 The Scientific

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Rationale For

Integrated

Training

Instructional

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original 12

minutes ~~Chapter~~

~~6 Fitness~~

~~Assessment~~

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Overview

ACE CPT, STUDY-

GUIDE Series (

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Chapter Four)

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CPT | Show Up

Fitness 10

~~Secrets to pass~~

~~the NASM exam~~

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~~tests + Study~~

~~guides~~ *How To*

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Up Fitness*

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Internship 10

~~*Secrets to pass*~~

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~~*tests + Study*~~

~~*guides How to*~~

pass NASM CPT

(Chapter 7) :

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ACE vs EREPS 4 /

ACSM / NASM The
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(and Easiest)

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NASM Exam! **NASM**

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1-Review- 17% of
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Training (IPFT)

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My Fitness

Channel ACE CPT,
STUDY-GUIDE

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Blueprint **NASM**

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questions

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Foundation Of Personal Fitness Chapter

physical activity that is planned, structured, and repetitive and that results in improvement of fitness.

Physical

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Fitness. the
bodys ability to
carry out daily
tasks and still
have enough
reserve.

Personal
Fitness. total
overall fitness
achieved by
maintaining
acceptable
levels of
physical

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activity, a
healthy eating
plan, and
avoiding
harmful.

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Fitness. Chapter

1. Terms to
know. Physical
activity - any

movement that
works the larger
muscles of the
body, such as
arm, leg and
back muscles.

Exercise -
physical
activity that is
planned,

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structured, and
repetitive, and
that results in
improvements in
fitness.

Physical fitness

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Exercise – physical activity that is planned, structured, and repetitive, and

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Physical fitness
primarily
associated with
disease
prevention and
functional
health. Health-
related fitness
has five

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Components:

cardiovascular
fitness, body
composition,
flexibility,
muscular
strength, and
muscular
endurance.

Cardiovascular
fitness. The
ability to work
continuously for
extended periods

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of time.
Flexibility.
Fitness Chapter

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program focuses
on personal
fitness
information,
practical
skills, and real-

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world
applications
that encourage
students to
become
responsible for
their own
fitness and well-
being throughout
life. Features
include:

Consumer Corner
guides students
in evaluating

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Of Personal issues.

It contains
information,
tips, and

cautions

regarding the
fitness
industry.

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answers Media

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Chapter 2

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Vocabulary 2 ...

The principle

that says to

improve your

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level of
physical
fitness, you
must increase
the amount of
energy that you
normally do.

FITT. The four
components of
the overload
principle:

Frequency,
intensity,
time/duration,

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and type/mode; a level of physical conditioning that is desirable and obtainable by everyone.
Frequency.

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Chapter 3
Flashcards |

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Personal fitness
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see definition ?

The result of a
way of life that
includes living
an active
lifestyle,
maintaining good
to better levels
of physical
fitness,
consuming a

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healthy diet,
and practicing
good health
behaviors
through life.

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introduction by

shop, shelf by

shelf, it is

essentially

problematic.

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1 PowerPoint .

Physical

Activity,

Exercise, and

Health. Risk

Factors and your

Behavior.

Developing a

Positive Fitness

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Guidelines for
Getting Started

• CHAPTER 2

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the ability to
carry out daily

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tasks easily and
have enough
reserve energy
to respond to
unexpected
demands.

personal
fitness. total,
overall fitness
achieved by
maintaining
acceptable
levels of
physical

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activity, a
healthy eating
plan, and
avoiding harmful
substances.

health. the
combination of
physical, mental
/emotional, and
social well-
being.

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(2) Foundations
of Personal
Fitness

represents a new
approach in

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physical
education and
the concept of
personal
fitness.

The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-

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related
components of
physical
fitness.

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Resource

Masters: Basics

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