



# Advanced Concepts of Personal Training

By National Council on Strength & Fitness

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The Advanced Concepts of Personal Training textbook contains all theoretical concepts, guidelines, and relevant information necessary to pass the NCSF-CPT Exam. Divided into nine (9) units mirroring the certification exam, the textbook progresses from an introduction of Anatomy and Biomechanics through Nutrition, Weight Management, Exercise Prescription, and Training Instruction, and culminates with Exercise Programming for Special Populations. The textbook features learner-friendly highlights throughout each chapter which practically apply chapter concepts to personal training. Reading the Advanced Concepts of Personal Training textbook and applying the information in the NCSF Study Guide will provide you with the information needed to pass the NCSF-CPT Exam and enter the fitness industry as a competent and qualified personal trainer. The Advanced Concepts of Personal Training textbook's nine (9) units are further divided into 23 content specific chapters covering the following topics: Chapter 1 Functional Anatomy Chapter 2 Biomechanics Chapter 3 Muscle Physiology Chapter 4 Endocrine System Chapter 5 Bioenergetics Chapter 6 Cardiovascular Physiology Chapter 7 Energy Yielding Nutrients Chapter 8 Non-Energy Yielding Nutrients Chapter 9 Nutritional Supplementation Chapter 10 Body Composition Chapter 11 Weight Management Chapter 12 Physical Fitness & Health Chapter 13 Pre-Exercise Screening & Test Considerations Chapter 14 Assessment of Physical Fitness Chapter 15 Exercise Programming Components Chapter 16 Flexibility Assessment & Programming Chapter 17 Programming for Cardiovascular Fitness Chapter 18 Anaerobic Training Chapter 19 Resistance Training Technique Chapter 20 Functional Training Concepts Chapter 21 Creating an Exercise Program Chapter 22 Working with Special Populations Chapter 23 Ethics and Professional Behavior



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