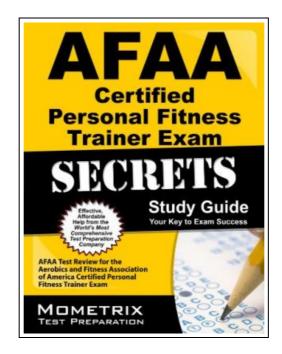
AFAA Certified Personal Fitness Trainer Exam Secrets: AFAA Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam



Filesize: 4.13 MB

Reviews

It in just one of my personal favorite publication. It is among the most awesome publication i have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Delia Rutherford)

AFAA CERTIFIED PERSONAL FITNESS TRAINER EXAM SECRETS: AFAA TEST REVIEW FOR THE AEROBICS AND FITNESS ASSOCIATION OF AMERICA CERTIFIED PERSONAL FITNESS TRAINER EXAM



Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 100 pages. Dimensions: 6.9in. x 6.3in. x 0.3in.Includes Practice Test Questions Get the test prep help you need to be successful on the AFAA test. The AFAA Certified Personal Fitness Trainer Exam is extremely challenging and thorough test preparation is essential for success. AFAA Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the AFAA exam. Not only does it provide a comprehensive guide to the AFAA Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. AFAA Certified Personal Fitness Trainer Exam Secrets Study Guide includes: A thorough review for the AFAA - Certified Personal Fitness Trainer Exam A breakdown of anatomy and kinesiology An examination of fitness assessment testing procedures An analysis of nutritional fundamentals and weight management A guide to special populations and medical considerations An in-depth look at listening, leadership, and motivational skills A breakdown of exercise programming in the weight room An examination of wellness programming and screening guidelines Comprehensive practice questions with detailed answer explanations Its filled with the critical information youll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Aerobics and Fitness Association of America (AFAA) expects you to have mastered before sitting for the exam. The Anatomy and Kinesiology section covers: Lung issues Aerobic fitness measurements Elbow joints The spine Types of muscle The Fitness Assessment Testing Procedures section covers: Standard fitness assessment Strength and endurance tests Flexibility and posture tests Assessing cardiorespiratory fitness The Nutritional Fundamentals and Weight Management section covers: Carbohydrates Fat and Lowering fat intake Cholesterol and lipoproteins Claims of supplement manufacturers The Special Populations and Medical Considerations section covers: CHD and CVD Blood pressure factors Injuries Treating injuries...

Read AFAA Certified Personal Fitness Trainer Exam Secrets: AFAA Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam Online

Download PDF AFAA Certified Personal Fitness Trainer Exam Secrets: AFAA Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam

Relevant Books



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...





TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2005-09-01 Publisher: Chinese children before making Reading: All books are the...

Read Book »



Li Xiuying preschool fun games book: Lingling tiger awesome (connection) (3-6 years old) (Chinese Edition) paperback. Book Condition: New. Paperback. Pub Date: 2010. Pages: 30 Language: Chinese in Publisher: Time Publishing and Media Co. Ltd. Anhui Children's Publishing House Hi. you do! I called Lingling Tiger. my vision is to...

Read Book x



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Read Book »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginners Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

Read Book »