

## **ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014/2015**

### **FITT-VP: Exercise Prescription Framework**

F= Frequency, I= Intensity, T= Time, T= Type, V= Volume, and P= progression

### **CARDIORESPIRATORY FITNESS: Aerobic fitness**

3-5 days a week, depending on intensity

Go beyond baseline to lose weight (150 mins +)

Volume → measured by MET (500-1000)

### **MUSCULAR FITNESS: Muscular strength (1RM) and Muscular Endurance (hold contraction)**

2-3 days a week (48 HOURS between using each muscle group)

Intensity: 8-12 reps @ 60%-80%

10-15 reps @ 40-50%

Sets/Volume: Each muscle → 2-4 sets, 2-3 mins between each set

ALWAYS train opposing muscle group as well!

Progression: Many ways → add weight, add sets, add reps, add more training days

### **FLEXIBILITY: Improve joint range of movement → 10 mins/4 reps each stretch**

Hold stretches for 10-30 secs where it is tight

### **NEUROMOTOR EXERCISE: Great for elderly/ people who are fall risks**

Includes balance, coordination, agility, and proprioceptive training

2-3 days a week

Intensity: Changes in 3 ways → Base of support, center of mass, peripheral cues

Tai chi, Yoga, Pilates (walking balance, seated balance, standing balance)

### **ADVANCED TRAINING: Plyometrics → improve power, agility, speed (jumping training)**

Resistance Training → weight training/strength training

Came about during WWII

Should be guided by evidence, not testimony

SAID → Specific Adaptations to Imposed Demands (more reps, more endurance the muscle builds)

### **PROGRAM DESIGN: Always needs to be changed overtime for progress**

Do initial assessments (goals, time frame, health issues, target areas)

Asses → body composition, anthropometric measurements, endurance

**Follow up assessment:** Keep logs, always customize to the clients physiological needs, ask for feedback → always listen to your client and read their body language

### **AFFECTS OF OVERTRAINING: Delayed Onset Muscle Soreness (DOMS)**

DOMS is not a goal. Soreness should be 3 on scale from 0-10

HYDRATE

\*diuretics can influence tissue damage

Rhabdomyolysis → Rapid breakdown of tissue in high amounts

# Acsm Personal Trainer Exam Study Guide

**L Cohen**



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