

NASM Personal Trainer Study Guide

5 Phases of OPT Model

(Ans-

- Stabilization Endurance
- Strength Endurance
- Muscular Development
- Maximal Strength
- Power

Homeostasis

(Ans- Human body ability to respond to stress and make changes to maintain optimal health and physiological functioning.

Acute Disease

(Ans- medical condition that occurs suddenly and can be treated and healed in a short period of time e.g. bronchitis. Left untreated bronchitis could become a chronic illness.

Chronic Disease

(Ans- a medical condition that persists long term e.g. emphysema.

Ischemic Heart Disease

(Ans- Narrowing of coronary arteries which supply blood and oxygen to the heart.

Atherosclerosis

(Ans- Plaque is formed in the arteries, leading to reduced blood flow to the heart or brain.

Hypertension

(Ans- Blood pressure greater than 120/80 (systolic/diastolic).

Nasm Study Guide For Personal Trainer Exam

Puja Mehta

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Nasm Study Guide For Personal Trainer Exam:

Enjoying the Tune of Appearance: An Emotional Symphony within **Nasm Study Guide For Personal Trainer Exam**

In some sort of consumed by monitors and the ceaseless chatter of quick communication, the melodic elegance and mental symphony produced by the prepared term usually diminish into the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. But, nestled within the pages of **Nasm Study Guide For Personal Trainer Exam** a stunning literary value filled with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this captivating masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths with this moving review, we shall explore the book's main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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