



# **AFAA Certified Personal Fitness Trainer Exam Flashcard Study System: AFAA Test Practice Questions & Review for the Aerobics and Fitness Association of ... Personal Fitness Trainer Exam (Cards)**

*AFAA Exam Secrets Test Prep Team*

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- Assessing cardiorespiratory fitness

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- Fat and Lowering fat intake
- Cholesterol and lipoproteins
- Claims of supplement manufacturers

### **The Special Populations and Medical Considerations section covers:**

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- Blood pressure factors
- Injuries
- Treating injuries
- Pregnancy and training

### **The Listening, Leadership, and Motivational Skills section covers:**

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- Active Listening
- Business plans
- Social cognitive theory

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- Duration and frequency
- Progression
- Improving efficiency guidelines
- Types of training

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**Sylvia Grable:**

A lot of people always spent their free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day long to reading a reserve. The book AFAA Certified Personal Fitness Trainer Exam Flashcard Study System: AFAA Test Practice Questions & Review for the Aerobics and Fitness Association of ... Personal Fitness Trainer Exam (Cards) it is extremely good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. When you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore simply to read this book through your smart phone. The price is not too expensive but this book features high quality.

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