



Flashcard Study System for the ACE Personal Trainer Exam: ACE Test Practice Questions & Review for the American Council on Exercise Certified Personal Trainer Exam (Cards)

By ACE Exam Secrets Test Prep Team

Mometrix Media LLC, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Flashcard Study System for the ACE Personal Trainer Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American Council on Exercise Certified Personal Trainer Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the ACE Personal Trainer Exam covers: Exercise, Pathology, Anatomy/Physiology, Miscellaneous, General Exercise Principles, Adhesive Capsulitis, Type I vs. Type II Fibers, Physical Activity Readiness Questionnaire, Class-1 Lever, Diabetes Mellitus, Sarcomere, Responsibilities of the Trainer, Deadlift Technique, HIV and AIDS, Action Potential, Fluid Replacement, Full Squat Technique, Osteoporosis, Smooth Muscle, Tanner Scale, Core lifts, Osteoarthritis, Muscle fiber, Karvonen Formula, Breathing patterns, Jumper's knee, Cardiac Control Center, Borg Rating of Perceived Exertion Scale, Principle of Specificity, Atherosclerosis, Receptor Types, Ethical Decision Making, Cross Training, Ischemic Heart Disease,...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger