



**Flashcard Study System for the ACSM Certified
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Flashcard Study System for the ACSM Certified Health Fitness Specialist Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American College of Sports Medicine Certified Health Fitness Specialist 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 ACSM Certified Health Fitness Specialist Exam covers: Muscle Training, Physical Activity Recommendations, Stages of Progression, Cardio-Respiratory Conditioning, Flexibility Exercises, Types of Muscular Contractions, Measuring Body Composition, Warm-Ups and Cool-Downs, Exercise Class Format, Basic Standing Exercises, Exercise Prescription, Proper Floor Exercises, Monitoring Intensity and Frequency, Teaching Strategies, Setting Exercise Goals, Motivation, Proper Lifting Techniques, Bench Press Activities, Types of Muscle Soreness, Exercise Systems, Circuit Training, Proper Machine Use, Exercise Physiology, Principle of Steady State, Principles of Movement, Anatomical Position, Range of Curvatures of the Back, Identification of Major Muscles, Bones and Joints, Sliding Filament Theory, Basic Anatomy, Body Mechanics Basics, Fitness Testing, Evaluating Muscular Strength, Exercise Risk Factors, Basic Nutrition Elements, Healthy Diets, Mission Statements, Writing a Business Plan, Policies and Liabilities, Emergency Medical Plans, Injury Prevention, Emergency Procedures, First-Aid, Strains and Sprains, Metabolic Risk Factors, Basic Theories of Human Behavior, Stress, Depression and Anxiety, Issues of Aging, and much more...

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