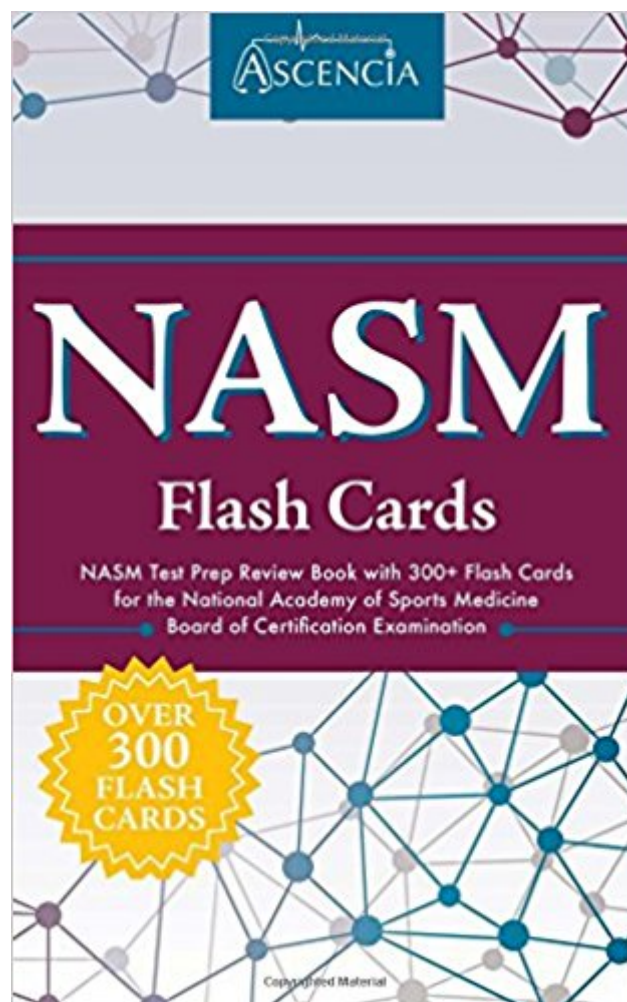


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NASM Personal Training Flash Cards: NASM Test Prep Review Book With 300+ Flash Cards For The National Academy Of Sports Medicine Board Of Certification Examination





Synopsis

Ascencia Test Prep's *NASM Study Guide 2017-2018: Personal Fitness Training Prep Book and Practice Questions for the National Academy of Sports Medicine Board of Certification Exam* is a flash card book offering test-takers a full review of the subject matter covered on the NASM Personal Fitness Training exam. Ascencia's NASM Personal Fitness Training flash cards cover: EXERCISE SCIENCE • NUTRITION • ASSESSMENT • EXERCISE TECHNIQUE • PROGRAM DESIGN • CLIENT RELATIONS AND COACHING • SAFETY AND RISK MANAGEMENT • PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY • About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally, all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

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