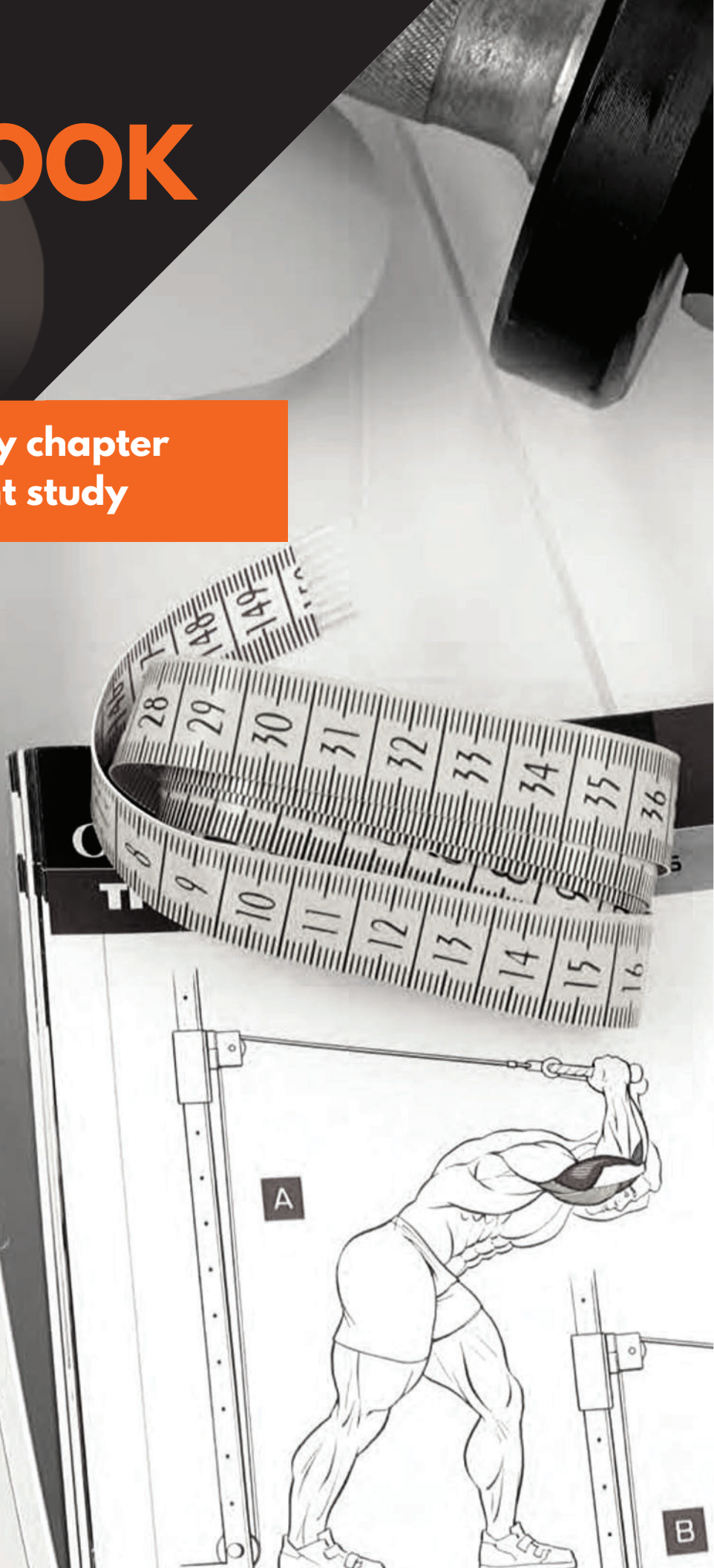


# WORKBOOK

a complete chapter by chapter  
guide for independent study

to accompany the  
Personal Fitness  
Trainer Manual

NFPT





# WORKBOOK

review with practice for understanding the:

## ***PERSONAL FITNESS TRAINER MANUAL***

***Fundamental Exercise Science Concepts and  
Fitness Training Methods  
for the***

## **CERTIFIED PERSONAL TRAINER (CPT)**

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National Federation of Professional Trainers

# COURSE OVERVIEW

This workbook is designed to assist you, the NFPT – CPT exam candidate, with an understanding of the NFPT Personal Fitness Trainer Manual. The NFPT certification program is accredited by the *National Commission for Certifying Agencies* (NCCA). NFPT is devoted to NCCA standards for certification and continuing education best practices. Successful completion of the NFPT – CPT exam will earn you the certification distinction of Certified Personal Trainer, CPT.

This workbook is a supplemental learning tool that breaks down the NFPT Personal Fitness Trainer Manual, chapter by chapter. The quiz questions for each chapter are for the purpose of retention and better understanding of the education material provided in the respective chapter. NFPT makes no passing exam score guarantee because you have completed this workbook.

Visit [www.account.nfpt.com](http://www.account.nfpt.com) for this educational tool, delivered as a digital download and also available in an online graded quiz format for each chapter.

## COURSE LEARNING OBJECTIVES:

- Apply the Basic Principles of Human Anatomy
- Apply the Basic Principles of Human Physiology
- Understand Fitness Components
- Understand how to Develop, Implement and Modify Fitness Training Programs
- Apply Communication and Motivational Skills
- Understand Professional & Legal Practices
- Understand Injury Management and Emergency Medical Plan

## TRAINER SCOPE OF PRACTICE:

- Enhancement of overall health and well being to the apparently healthy population that is appropriate for the individual
- Identification of potential risk factors associated with exercise, using protocols for medical release or referral when needed
- Implementation of appropriate fitness program based on physical screening, health consultation, consistent evaluation and reasonable goals of the client
- Promotion of the safe and effective use of fitness equipment, techniques and program design
- Application of fundamental exercise science and fitness program design principles in a one on one or small group setting
- Motivation, support and teaching of clients and fitness enthusiasts in an effort to improve levels of fitness and maintain an enhanced health and well-being

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## **Chapter 1: Understanding Health and Wellness**

This chapter in your NFPT Personal Trainer Manual looks at wellness and the factors that constitute overall health.

- 1.** List and briefly describe the six (6) components of wellness, using the acronym mnemonic, “SPICES”

S \_\_\_\_\_:

P \_\_\_\_\_:

I \_\_\_\_\_:

C \_\_\_\_\_:

E \_\_\_\_\_:

S \_\_\_\_\_:

- 2.** Physical health is commonly identified by ‘5 Components of Fitness’, list these:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

- 3.** \_\_\_\_\_ is the condition of your current state of being, related to the absence of disease or injury.

- a. Wellness
- b. Health
- c. Fitness
- d. Endurance

- 4.** ADLs stands for:

- a. Alternate Daily Lifestyles
- b. Activities of Dietary Living
- c. Activities of Daily Living
- d. Absences of Disease in Life

5. Which of the following exercise concern/s/ would you, as a personal trainer, recommend that your client see a highly trained physiologist or physician for a determination and prescription of an appropriate training regime?
- a. Respiratory disease
  - b. Joint injury
  - c. Cardiovascular disease
  - d. All of the above
6. List three (3) influential aspects of behavior that will contribute to positivity, give an example of an attribute each:

1 \_\_\_\_\_:

2 \_\_\_\_\_:

3 \_\_\_\_\_:

**CHAPTER 1 NOTES:**

## **Chapter 2: Basic Human Anatomy**

This chapter in your NFPT Personal Trainer Manual provides an overview of the following bodily systems: muscular, skeletal, circulatory, respiratory, nervous, digestive, immune and endocrine.

1. Briefly describe the function of each of the following bodily systems:

**Muscular System:**

**Skeletal System:**

**Circulatory System:**

**Respiratory System:**

**Nervous System:**

**Digestive System:**

**Immune System:**

**Endocrine System:**

**Integumentary System:**

**Reproductive System:**

**Urinary System:**

2. The point at which muscle joins the stationary bone at the end closest to the body is the \_\_\_\_\_.
  - a. origin
  - b. insertion
  - c. tendon
  - d. tissue
3. The strong connective tissue that connects muscle to bone is called \_\_\_\_\_.
  - a. ligament
  - b. cartilage
  - c. tendon
  - d. joint

- 4.** There is an average of \_\_\_\_\_ muscles in the adult human body.
- 206
  - 406
  - 656
  - 856
- 5.** The average adult has how many bones?
- 206
  - 252
  - 342
  - 356
- 6.** A tough but flexible connective tissue that covers the end of each bone is called \_\_\_\_\_.
- synovial fluid
  - ligament
  - tendon
  - cartilage
- 7.** Blood travels away from the heart, carrying oxygenated blood to the body, through \_\_\_\_\_; and deoxygenated blood comes back to the heart through \_\_\_\_\_.
- capillaries; arterioles
  - arterioles; capillaries
  - veins; arteries
  - arteries; veins
- 8.** This muscle controls the overall breathing process. As it contracts it flattens, causing air to be sucked into the lungs; and when it relaxes the air in the lungs is forced out.
- Lungs
  - Oblique
  - Alveoli
  - Diaphragm
- 9.** Which division of the nervous system sends and receives information, and contains the brain and spinal cord?
- Autonomic Nervous System (ANS)
  - Central Nervous System (CNS)
  - Peripheral Nervous System (PNS)
  - Sympathetic Nervous System (SNS)
- 10.** What part of the digestive system does most absorption of nutrients occur?
- Pancreas
  - Small Intestine
  - Liver
  - Large Intestine



**11.** Glands, located in many regions of the body, release chemical messengers called *enzymes* into the bloodstream. These *enzymes* transport signals from one cell to another for the purpose of soliciting a specific bodily response and/or function.

- a. True
- b. False

## **CHAPTER 2 NOTES:**