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## **Cpt Study Guide**

NASM-CPT Study Guide

The Endocrine System

Endocrine

system—system of

glands; secretes

hormones to regulate

bodily function.

Testosterone—anabolic

hormone; responsible

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for male sex traits.  
Estrogen—influences fat deposition on hips, buttocks, and thighs; responsible for female sex traits.

## **NASM-CPT Study Guide**

CPT Study Guide

Chapter 1 -

Introduction to the Fitness Profession . Key Terms-all key terms including . Deconditioned. Muscle imbalance.

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Musculoskeletal system. Obesity. Scope of practice. Key Concepts • The Modern State of Health and Fitness • The History of the Fitness Industry and Personal Training Highlights

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Exam Chapter 3 -  
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Flashcards •

Progression should be  
determined by  
coordination and motor  
c... • Start with  
exercises that can be  
done while sitting, and  
pro... *Page 9/21*

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quiz to find out which  
Cert is the best fit for  
you. This study guide  
covers the most recent  
volume of the  
textbook: NASM  
Essentials of Personal  
Fitness Training 6th  
Edition.

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Medical Coding  
(Speedy Study Guides)  
February 18, 2019

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ebooks md When you are studying something as intricate, involved, and structured as medical coding, it's worth your time to invest in every study aid you can possibly employ to that end.

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Hey ladies and gentlemen, coach Tyler here and welcome to

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the ultimate study portal for the NSCA CPT exam. In this portal, you will find the full 25 chapter NSCA Study guide, an NSCA Practice test (+ answer key) and NSCA flashcards so that you can learn Borten definitions.

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Coding Study Guide

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Answers; Coding: The transformation of verbal descriptions of a diagnosis into numbers or a combination of alphanumeric characters is called CODING. Page 246, #3: Diagnosis: The determination of the nature of a cause of disease or the art of distinguishing one disease from another. Volume I: Tabular list arranged numerically. Volume II

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## **Free Medical Flashcards about Coding Study Guide**

There are a variety of coding certifications out there. This guide focuses primarily on the two most popular certifications: the Certified Professional Coder (CPC) and the Certified Coding Specialist (CCS).

## **Certification Coding The Complete**



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The NSCA-CPT examination reflects the most current and accepted KSA standards within the health and fitness industries. Further, the examinations may be developed from references that may be in addition to resources listed below. NSCA materials survey important content area, but are not a comprehensive study of the Exercise

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Sciences.

## **NSCA-CPT Exam Study Materials**

NSCA CPT ® Exam Guide. The NSCA CPT ® exam is a three-hour exam that consists of 140 scored and 15 non-scored multiple-choice items. There are 25-35 video and/or image items that assess competencies in exercise techniques, functional anatomy, and testing

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procedures.

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ACSM CPT Exam Guide

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The ACSM Certified Personal Trainer® (CPT) works with individuals to enhance quality of life, improve health and fitness, improve performance, manage health risk, and promote healthy changes.

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