

# **NASM Personal Trainer Study Guide**

## 5 Phases of OPT Model

(Ans-

- Stabilization Endurance
- Strength Endurance
- Muscular Development
- Maximal Strength
- Power

## Homeostasis

(Ans- Human body ability to respond to stress and make changes to maintain optimal health and physiological functioning.

## Acute Disease

(Ans- medical condition that occurs suddenly and can be treated and healed in a short period of time e.g. bronchitis. Left untreated bronchitis could become a chronic illness.

## Chronic Disease

(Ans- a medical condition that persists long term e.g. emphysema.

## Ischemic Heart Disease

(Ans- Narrowing of coronary arteries which supply blood and oxygen to the heart.

## Atherosclerosis

(Ans- Plaque is formed in the arteries, leading to reduced blood flow to the heart or brain.

## Hypertension

(Ans- Blood pressure greater than 120/80 (systolic/diastolic).

# Nhe Master Trainer Study Guide

**Clifford Lane**



## **Nhe Master Trainer Study Guide:**

**Justice of the Peace and Local Government Review** ,1852      **Resources in Education** ,1981      **Year One of Practice Transition** Jason E. Pope,Timothy R. Deer,2021-11-16 Year One of Practice Transition The Necessary Guide to Success is a practical guide for both established physicians transitioning from one practice opportunity to another and those transitioning from formal residency or fellowship training This book is an up to date look at how to achieve a successful practice offering insights from top experts who have navigated transition through various phases and circumstances Examines key factors such as training managing a schedule working with staff and problem solving Offers a practical approach in an easy to use format Consolidates information and current tools to succeed in creating a supportive practice environment and work life balance tools to become the best version of yourself Written by some of the world s top physician experts

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