



SORTA HEALTHY'S NASM CPT STUDY GUIDE



Part 1: Building Your Foundation

STEP #1: READ ALL OF THE CHAPTERS WHILE TAKING LIGHT NOTES.

(YOU DON'T NEED TO MEMORIZE ALL OF IT!)

STEP #2: WATCH EACH VIDEO AT THE END OF EACH CHAPTER.

STEP #3: TAKE EACH CHAPTER QUIZ AT LEAST ONCE.

Part 2: Dialing In

CHAPTER 1: KNOW THE PHYSIOLOGICAL, PHYSICAL, AND PERFORMANCE BENEFITS FOR EACH PHASE OF THE OPT MODEL.

*KNOW AS MUCH ABOUT EACH PHASE AS POSSIBLE

COMPLETED COME BACK TO

CHAPTER 2: KNOW THE FUNCTION OF MUSCLE SPINDLES AND GOLGI TENDON ORGANS. UNDERSTAND THE ANATOMY OF MUSCLES (PAGES 40-46)

KNOW DIVISIONS OF THE NERVOUS SYSTEM + GENERAL REVIEW

COMPLETED COME BACK TO

CHAPTER 3: KNOW THE FLOW OF BLOOD THROUGH THE HEART. KNOW HOW TO MONITOR HEART RATE

KNOW THE SUPPORT MECHANISMS OF BLOOD

COMPLETED COME BACK TO

CHAPTER 4: UNDERSTAND ENERGY SYSTEMS AND HOW LONG THEY LAST AND WHEN THEY ACTIVATE.

COMPLETED COME BACK TO

CHAPTER 5: KNOW JOINT MOVEMENTS (FLEXION,EXTENSION,ETC)

KNOW ANATOMIC POSITIONS (SUPERIOR, ANTERIOR, ETC)

KNOW THE MUSCLE ACTION SPECTRUM (ISOMETRTIC, CONCENTRIC, ETC)

COMPLETED COME BACK TO

CHAPTER 6: KNOW THE SHORT/LENGTHENED AND OVERACTIVE/ UNDERACTIVE MUSCLES FOR THINGS LIKE PRONATION DISTORTION SYNDROME AND OTHER FEATURED PATTERNS

YOU MUST KNOW HOW TO DO THE ASSESSMENTS FOR YOUR CLIENTS AND WHICH ASSESSMENT TESTS WHICH CHARACTERISTICS

GENERAL STUDY

COMPLETED COME BACK TO

CHAPTER 7: KNOW AND UNDERSTAND IN DEPTH THE FLEXIBILITY CONTINUUM

KNOW AND UNDERSTAND ALTERED RECIPROCAL INHIBITION, SYNERGISTIC DOMINANCE, MUSCLE SPINDLES, THE GTO AND AUTOGENIC INHIBITION

COMPLETED COME BACK TO

CHAPTER 8:

GENERAL REVIEW

BE FAMILIAR WITH DIFFERENT CARDIO ZONES & KNOW RPE/BORG SCALE

KNOW GENERAL AEROBIC ACTIVITY RECOMMENDATIONS

COMPLETED COME BACK TO

CHAPTER 9: KNOW THE DIFFERENT LEVELS OF CORE TRAINING AND WHAT EXERCISES GO IN EACH ONE.

COMPLETED **COME BACK TO**

CHAPTER 10: KNOW THE DIFFERENT BALANCE AND STABILIZATION CONTINUUM (FLOOR TO BALANCE BEAM),
(TWO LEG STABLE TO SINGLE LEG STABLE) ETC.
KNOW WHERE THE BALANCE EXERCISES GO (PHASE)

COMPLETED **COME BACK TO**

CHAPTER 11: KNOW THE THREE PARTS OF A PLYO. EXERCISE.
KNOW WHICH PLYO. EXERCISES GO IN WHICH PHASE AND WHY THEY GO THERE.
HAVE AN UNDERSTANDING OF PLYO. RECOMMENDATIONS

COMPLETED **COME BACK TO**

CHAPTER 12: HAVE A GENERAL UNDERSTANDING OF RUNNING MECHANICS
KNOW THE DIFFERENT SAQ DRILLS AND WHO THEY ARE APPROPRIATE FOR
KNOW SAQ RECOMMENDATIONS

COMPLETED **COME BACK TO**

CHAPTER 13: KNOW GENERAL ADAPTATION SYNDROME KNOW THE SAID PRINCIPLE
AND DIFFERENT TYPES OF SPECIFICITY
KNOW THE DIFFERENT TYPES OF RESISTANCE TRAINING SYSTEMS
HAVE AN UNDERSTANDING OF THE EXERCISES AT THE END AND KNOW THAT PHASES
EACH EXERCISE BELONGS IN.

COMPLETED **COME BACK TO**

CHAPTER 14: KNOW THE REPS, SETS, INTENSITY AND TEMPOS FOR EACH PHASE

REVIEW THE EXERCISES APPROPRIATE FOR EACH PHASE

REVIEW THE PROGRESSION CONTINUUM

REVIEW OPT MODEL GUIDELINES FOR EACH PHASE

COMPLETED COME BACK TO

CHAPTER 15: KNOW THE PROS AND CONS OR FREE WEIGHTS VS MACHINES

REVIEW OTHER TRAINING MODALITIES

COMPLETED COME BACK TO

CHAPTER 16: KNOW THE DIFFERENCES BETWEEN YOUTHS, ADULTS, AND THE

ELDERLY AND THEIR PROGRAMMING

REVIEW TRAINING FOR ALL OTHER POPULATIONS

COMPLETED COME BACK TO

CHAPTER 17: KNOW BASIC NUTRITION FACTS (CALORIES IN A GRAM OF FAT, CARBS, PROTEIN.)

KNOW THE RECOMMENDED INTAKE OF WATER PER LB. OF BODY WEIGHT LOST DUE TO SWEATING (16-24OZ)

UNDERSTAND BASIC SCOPE OF PRACTICE STUFF FOR NUTRITION

COMPLETED COME BACK TO

CHAPTER 18: GENERAL REVIEW

COMPLETED COME BACK TO

CHAPTER 19: KNOW THE STAGES OF CHANGE

(PRE-CONTEMPLATION, ACTION)

KNOW ACTIVE LISTENING & REFLECTING

KNOW THE DIFFERENT KINDS OF SUPPORT (INSTRUMENTAL, ETC)

KNOW DIFFERENT COGNITIVE STRATEGIES (POSITIVE SELF TALK, IMAGERY, PSYCHING UP)

COMPLETED **COME BACK TO**

CHAPTER 20: KNOW THE 4 P'S OF MARKETING

HAVE A GENERAL UNDERSTANDING OF THE 10 STEPS TO SUCCESS

COMPLETED **COME BACK TO**

CHAPTER 21: KNOW THE ASSESSMENTS

GENERAL REVIEW

COMPLETED **COME BACK TO**

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Progress Monitoring

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Quiz Scores (Take each one at least three times)

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BONUS STUDYING OPTIONS

POCKET PREP APPLICATION

80 % CORRECT AND AT LEAST
300+ QUESTIONS ANSWERED
IS RECOMMENDED

COMPLETED COME BACK TO

GENERAL FLASHCARD REVIEW

FLASH CARDS MADE FOR
EVERY CHAPTER AND
REVIEWED MULTIPLE TIMES

COMPLETED COME BACK TO

EXTRA OPT MODEL REVIEW

EXTRA OPT MODEL REVIEW
FLASH CARDS, ETC

COMPLETED COME BACK TO

**Make sure to review all of the material the weeks
leading up to the exam, that way the material is
fresh in your head.**

Good Luck!