



The Fitness Professional's Workbook for Personal Trainers





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Dear Personal Trainer Certification Candidate,

NETA's personal trainer certification is accredited through the National Commission for Certifying Agencies (NCCA). The process of earning accreditation is extensive and included the input of many Subject Matter Experts (SME's) to conduct an analysis of the personal trainer's role and responsibilities, and to develop the certification exam.

NETA's *The Fitness Professional's Manual*, 4th edition (2014) is an excellent resource to help prepare for the exam. In addition to reading the manual, NETA recommends working through **The Fitness Professional's Workbook for Personal Trainers**, which includes the **Personal Trainer Practice Exam**. A series of four online **Exercise Science Review Modules** may also be purchased to supplement your exam preparations. Visit our website for more information on this resource.

The live certification workshop is intended to serve as a final review of key topics in preparation for the certification examination. The workshop is primarily lecture with some discussion and hands-on activity. To successfully prepare for the exam, NETA recommends that participants study the material beginning at least 30-45 days prior to the workshop. Self-study time may vary depending on the individual's existing knowledge, the quality of time devoted to study, and the rate at which candidates comprehend the information.

In the back of this study guide you will find NETA's Personal Trainer Practice (Job) Analysis (also known as a Role Delineation). This document serves as the blueprint from which the certification exam is constructed. Take some time to familiarize yourself with the exam content and subject matter allocation. Your preparation for the exam should be focused accordingly.

The NETA Personal Trainer certification exam will be administered by an independent proctor arranged by NETA in cooperation with the workshop sponsor. The exam consists of 100 multiple choice questions. A minimum score of 70% is required to pass. All examination results are sent through the U.S. mail within 4-6 weeks of the examination date.

If you have any questions, please feel free to contact us at 1-800-237-6242 or refer to Frequently Asked Questions at www.netafit.org.

Good luck with your preparations for NETA's NCCA-accredited Personal Trainer certification exam!

Sincerely,

Michael Iserman, cscs
Director of Personal Training

Chapter 1 - The Role of Fitness Professionals

Roles of the Fitness Professional (page 15)

1. List at least 5 roles of a fitness professional and at least 5 ideal qualities and characteristics:

Roles of a Fitness Professional	Ideal Qualities and Characteristics
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

NETA's Professional Code of Ethics (pages 17-18) – K-20

2. The NETA-Certified Fitness Professional must be aware of and practice the standards of ethical behavior of his or her profession as follows: (fill in the blanks)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

4. Complete the table below by providing a brief definition of each cardiorespiratory term and indicating the directional arrow(s) (\uparrow , \leftrightarrow or \downarrow) with regard to the expected changes to be observed in response to regular cardiorespiratory exercise (CRE).

Variable (abbreviation): Definition	Adaptations to Regular CRE		
	Resting	Submaximal	Maximal
Heart Rate (HR):			
Stroke Volume (SV):			
Cardiac Output (Q):			
Systolic Blood Pressure (SBP):			
Diastolic Blood Pressure (DBP):			
Oxygen Extraction (a-vO ₂ diff):			
Oxygen Consumption (VO ₂):			

The Energy Systems (pages 94-97) – K-10

5. Complete the table below with regard to the energy systems.

Energy System	Intensity Level	Duration of Dominant Energy Contribution	Activity/Exercise Examples (provide at least 3)	# of ATPs Produced
Phosphagen System			• • •	
Anaerobic Glycolysis			• • •	
Aerobic Systems			• • •	

6. What is the limiting factor with regard to the ability to continue deriving ATP through the Phosphagen System? _____.
7. What is the limiting factor with regard to the ability to continue deriving ATP through Anaerobic Glycolysis? _____.
8. What are the limiting factors with regard to the ability to continue deriving ATP from the Aerobic Systems? _____.

Neuromuscular System (page 97-99) – K-10

9. In the space provided before each term, indicate the letter corresponding to the correct statement.

- | | |
|-----------------------------|--|
| _____ Motor Unit | a. Type I muscle fibers, having a lower threshold of stimulation, are activated before type II muscle fibers. |
| _____ Summation | b. Once the necessary threshold of stimulation has been achieved, every muscle fiber associated with a single motor unit will contract. |
| _____ Recruitment | c. The increasing magnitude of stimulation that results from successive electrical impulses sent from the nervous system to the skeletal muscle. |
| _____ All-or-None Principle | d. The functional component of the neuromuscular system including the neuron, axon, and innervated muscle fibers. |
| _____ Size Principle | e. The simultaneous activation of additional muscle fibers which contributes to greater force production. |

10. Complete the table below with regard to skeletal muscle fiber types.

	Major Characteristics	Activity/Exercise Examples (provide at least 3)
Type I slow twitch slow oxidative	• • • •	• • •
Type IIa fast twitch fast oxidative glycolytic	• • • •	• • •
Type IIb or IIx fast twitch fast glycolytic	• • • •	• • •

Chapter 17 – Cardiorespiratory Fitness Programming

Warm-up (page 201) – K-12, K-13

1. Provide at least 5 objectives or effects of a proper warm-up prior to the conditioning phase of a cardiorespiratory exercise session.

- _____
- _____
- _____
- _____
- _____

Guidelines for Cardiorespiratory Exercise (pages 202-205) – K-13

2. According to the American College of Sports Medicine (ACSM), cardiorespiratory exercise programs should adhere to the following guidelines:

F _____ : _____ days per week of combined moderate- and vigorous-intensity exercise is recommended for most adults to achieve and maintain health/fitness benefits.

I _____ : _____ - to _____ -intensity exercise is recommended for most adults and light- to moderate-intensity exercise can be beneficial for those who are deconditioned.

T _____ : Most adults should accumulate _____ minutes per day of moderate-intensity exercise, _____ minutes per day of vigorous-intensity exercise, or an equivalent combination of moderate- and vigorous-intensity exercise.

T _____ : Exercise that is primarily _____ in nature and involves the use of large muscle groups in a rhythmic and continuous manner.

3. Complete the following table with regard to the classification of cardiorespiratory exercise intensity.

Intensity Level	%HHR	%HR _{max}	Original RPE (Category Scale)	Revised RPE (Category-Ratio Scale)
Moderate				
Vigorous				