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Pass the NASM Personal Trainer Exam

Holli K. Clepper

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"You have studied how to be a personal trainer, now it's time to pass the test. This study guide is unique, as it closely follows the personal trainer exam as written by NASM."

This exam preparation course has been designed to teach you how to pass a multiple choice based personal training exam. The information in this manual is not designed to teach you how to be a personal trainer, but to teach you how to use your study materials effectively and efficiently to pass the test.

Gain valuable experience and raise your confidence by taking practice tests, learning how the tests are structured, and gaining a deeper understanding of what is actually tested on the NASM Personal Trainer Exam. Pass The NASM Personal Trainer Exam will help you get ready for testing with: test taking strategies for all types of learners; several multiple choice exams, written to closely follow the actual exam; detailed descriptions of the information covered on the exam; and a short answer fill-in the blank section to help you retain the information.

In order to get the most out of this study guide, the following materials should be used in conjunction with this manual:
NASM's Essentials of Personal Fitness Training, Fourth Edition Revised PASS the NASM Personal Trainer Exam is the most comprehensive personal trainer exam preparation manual to date.

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