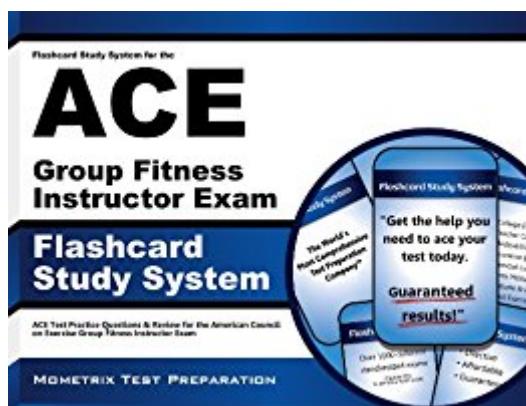


The book was found

Flashcard Study System For The ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review For The American Council On Exercise Group Fitness Instructor Exam



Synopsis

Flashcard Study System for the ACE Group Fitness Instructor Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American Council on Exercise Group Fitness Instructor Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the ACE Group Fitness Instructor Exam covers: Cardio-respiratory Conditioning, Exercise Programming, Muscular Strength and Endurance, Progression and Intensity, Medical Conditions, Pregnant and Postpartum Women, Modifications for Senior Citizens, Proper Posture, Body Mass Index Test, Bioelectrical Impedance, Target Heart Rate, Dyspnea Scale, The Talk Test Method, Basic Standing Stretches, Techniques for Monitoring Heart Rate, Basic Exercise Class Format, Participants with Disabilities, Instructional Techniques, Systematic Class Design, Goals, Plantar Fasciitis, Rotator Cuff Strain, Anterior Shoulder Instability, Lateral Epicondylitis, Music in an Exercise Class, Teaching Techniques, Emergency Plan, Choreographic Methods, Alignment Cues, Factors that Affect Exercise Adherence, Developing Group Camaraderie, Participants with Arthritis, Body Image, Professional Responsibility, Negligence in the Fitness Setting, Assumption-of-Risk Documents, Fitness Professional's Liability, Neurological, Proprioceptive, and Kinesthetic, Awareness, Muscular Contractions, Flexibility Exercises, Cardiac Output, Ventilation and Respiration, Aerobic Capacity, Muscular Atrophy, Cardiorespiratory Training, Coronary Heart Disease (CHD), Altitude and Exercise, Biomechanical Principles of Movement, Weight Loss, Anatomical Planes, and much more...

Book Information

File Size: 571 KB

Print Length: 611 pages

Publisher: Mometrix Test Preparation (November 21, 2011)

Publication Date: November 21, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B006C4AOTK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #743,109 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79 in Kindle Store > Kindle eBooks > Education & Teaching > Test Preparation > Careers > Vocational Tests #337 in Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Vocational Tests #813 in Books > Education & Teaching > Studying & Workbooks > Flash Cards

Customer Reviews

The cards helped me to study for the ACE group fitness and helped me narrow down what to study since the manual and book was a bit overwhelming. Thanks so much for your product. I will recommend it.

If you have ever found that studying for a test is way harder than taking a test, you might need a study aid to help you with this particular test. Part of being successful on any test is studying the right material in advance. These flash cards have just what you need because they not only have the right material for you to study, but also ALL of the content you need to study. And the flash card format is really handy because you can take them anywhere. And you can weed out the cards that you already know well. And spend more time with the ones that trip you up over and over again. You won't have any hiccups on this test if you know the cards well!

These flashcards are a perfect complement to the Ace Group Fitness Instructor Exam study guide. After you study the guide thoroughly you can move right into the flashcards. Wording on the flashcards matches with the wording in the study guide, so there is no confusion when going back and forth from the study guide to the flashcards. They are an excellent resource for recall and general practice to really push home the information. This flashcard system groups study points in content areas such as exercise science, professional responsibility, group instructional methods, and exercise programming and design. Each section breaks down precise questioning you will see on the exam. If retaking the exam these flashcards help you look at the areas you didn't perform well on the first time around. The flashcards are a good size and have, good visible fonts that are easy to see and read. The cards are also easy to review because explanations and answers are concise. Right up to the exam, you want to have a study program that is effective because you want

to get the highest scores as possible, and pass. These flashcards really help with this. Use the flashcards as a review. If you have a study partner, kids or a spouse they can read the questions to you and see if you give the correct answer. Also, use the flashcards as a practice test, make the question visible, answer it and see if you get the question right. Either way you use them they are sure to benefit your progress.

Made the book easier to process. I got it on my kindle for iPad. Easier to study with flash cards.

Helpful tool

[Download to continue reading...](#)

Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam Adult-Gerontology Primary Care Nurse Practitioner Exam Flashcard Study System: NP Test Practice Questions & Review for the Nurse Practitioner Exam (Cards) MSCN Exam Preparation 150 Test Review Questions: Practice the same number of questions as in the actual Multiple Sclerosis Nursing International Certification Examination (Pass MSCN Exam!) Wonderlic Basic Skills Test Practice Questions: WBST Practice Tests & Exam Review for the Wonderlic Basic Skills Test (First Set) Certified Flight Instructor Test Prep 2012: For the Ground, Flight, Military Competency and Sport Instructor: Airplane, Helicopter, Glider, ... FAA Knowledge Exams (Test Prep series) Instructor Test Prep 2017: Study & Prepare: Pass your test and know what is essential to become a safe, competent pilot; from the most trusted source in aviation training (Test Prep series) Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise NCLEX: Gastrointestinal Disorders: Easily Dominate The Test With 105 Practice Questions & Rationales to Help You Become a Nurse! (Nursing Review Questions ... Guide, Medical Career Exam Prep Book 7) NCLEX: Emergency Nursing: 105 Practice Questions & Rationales to EASILY Crush the NCLEX Exam! (Nursing Review Questions and RN Comprehensive Content Guide, NCLEX-RN Trainer, Test Success) NCLEX: Endocrine System: 105 Nursing Practice Questions & Rationales to EASILY Crush the NCLEX! (Nursing Review Questions and RN Content Guide, NCLEX-RN Trainer, Achieve Test Success Now) NCLEX: Cardiovascular System: 105 Nursing Practice Questions and Rationales to EASILY Crush the NCLEX! (Nursing Review Questions and RN Content Guide, ... Trainer, Achieve Test Success Now) (Volume 6) NCLEX: Respiratory System: 105 Nursing Practice Questions and Rationales to EASILY Crush the NCLEX! (Nursing Review Questions and RN Content Guide, NCLEX-RN Trainer, Test Success) NCLEX:

Cardiovascular System: 105 Nursing Practice Questions and Rationales to EASILY Crush the NCLEX! (Nursing Review Questions and RN Content Guide, ... Trainer, Achieve Test Success Now Book 6) Ace Organic Chemistry I: The EASY Guide to Ace Organic Chemistry I: (Organic Chemistry Study Guide, Organic Chemistry Review, Concepts, Reaction Mechanisms and Summaries) Ace General Chemistry I and II (The EASY Guide to Ace General Chemistry I and II): General Chemistry Study Guide, General Chemistry Review Ace General Chemistry I: The EASY Guide to Ace General Chemistry I: (General Chemistry Study Guide, General Chemistry Review) NCLEX: Perioperative Nursing: 105 Practice Questions & Rationales to EASILY Crush the NCLEX! (Nursing Review Questions and RN Content Guide, Study Guide, Test Success Book 17) AFOQT Study Guide: Test Prep and Practice Test Questions for the AFOQT Exam Ace's Spanish Exambusters Study Cards (Ace's Exambusters Study Cards) (Spanish Edition) ACCUPLACER Secrets Study Guide: Practice Questions and Test Review for the ACCUPLACER Exam

[Dmca](#)