



AFAA Certified Personal Fitness Trainer Exam Secrets: AFAA Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam

By Afaa Exam Secrets Test Prep Team

Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 100 pages. Dimensions: 6.9in. x 6.3in. x 0.3in. Includes Practice Test Questions Get the test prep help you need to be successful on the AFAA test. The AFAA Certified Personal Fitness Trainer Exam is extremely challenging and thorough test preparation is essential for success. AFAA Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the AFAA exam. Not only does it provide a comprehensive guide to the AFAA Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. AFAA Certified Personal Fitness Trainer Exam Secrets Study Guide includes: A thorough review for the AFAA - Certified Personal Fitness Trainer Exam A breakdown of anatomy and kinesiology An examination of fitness assessment testing procedures An analysis of nutritional fundamentals and weight management A guide to special populations and medical considerations An in-depth look at listening, leadership, and motivational skills A breakdown of exercise programming in the weight room An examination of wellness programming and screening guidelines Comprehensive practice questions with detailed answer explanations Its filled with the critical information you'll need in order to do well on the test the...



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