



# NASM Certified Personal Trainer (CPT)

## Final Exam Study Guide

### **1. Proprioception**

: The body's ability to sense the relative position of adjacent parts of the body

Ex: when walking our feet give us proprioception about the type of surface we are on.

### **2. Mechanoreceptors**

: specialized structures that recognize pressure in tissue and transmit signals to sensory nerves.

### **3. Muscle Spindles**

: sensory receptors in the muscles that are parallel to the muscle fibers and are sensitive to change in muscle length. Spindles stretch with muscle and sends

# Nasm Study Guide For Personal Trainer Exam

**Kathleen Armour**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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