INTERNATIONAL PERSONAL TRAINER ACADEMY

ULTIMATE IPTA CPT EXAM CHEATSHEET

THE MOST CRITICAL THINGS YOU NEED TO PASS THE IPTA CPT EXAM

CUT YOUR STUDY TIME IN HALF WITH TRAINER ACADEMY. LEARN ABOUT THEIR EXAM PASS (IPTA CPT RETAKE FEE) GUARANTEE. TRY OUT THEIR IPTA CPT MVP STUDY SYSTEM HERE COMPLETELY FREE.

PASS Guarantee

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IPTA CPT Cheatsheet

Axial Skeleton
-Vertebrae
-Ribs
-Sternum
-Skull

Bone Types
- Long
- Short
- Flat
- Irregular
-Sesamoid

Nervous system division:
-Central
-Peripheral
-Sensory PNS
-Motor PNS
-Somatic
-Autonomic

Muscle Fibers
-Type I (Slow twitch)
-Type IIa (intermediata)
-Type IIx

Adaptations:
Increased blood volume
• Increased cardiac output
• Lower resting heart rate
• Reduced symptoms of anxiety
• Reduced symptoms of depression
• Weight loss

Muscle contractions
-Isotonic
-Concentric
-Eccentric
-Isometric
-Isokinetic

SSC Phases
-Eccentric
-Amortization
-Concentric

Fitness Sales Process
-Lead Generation
-Initial Contact
-Consultation
-Trial Session
-Close the Sale
-Follow-up

Stages of Change
-Precontemplation
-Contemplation
-Preparation
-Action
-Maintenance

SMART Goals
S – Specific
M – Measurable
A – Attainable
R – Relevant
T – Time-based

Blood Pressure
Normal = 120/80
Prehypertension = 120-139/80-89
Hypertension 1 = 140-159/90-99
Hypertension 2 = 160/100

Fick equation = V̇O2 (L/min) = Q̇ x a- O2 difference.

APMHR = 220 – AGE

HRR = APMHR – RHR

Target HR (THR) = (HRR x exercise intensity) + RHR

Stretching Types
Static
Dynamic
Ballistic
PNF

Heart Rate Zones
Z1 = 50-60%
Recovery/warm-up
Z2 = 60-70%
Aerobic/base
Z3 = 70-80%
Tempo/Threshold
Z4 = 80-90% Sub-max/Anaerobic
Z5 = 90-100%
Max/redline

GAS Stages
Alarm Reaction
Resistance Dev.
Recover/Exhaustion

Training Protocols
Single sets
Multiple sets
Pyramid sets
Superset
Drop set
Circuit Training
PHA
Vertical Loading
Horizaontal Loading
Spli Routine

Fitness Goals
Stability = 15 – 20 reps, low load
Endurance = 15+reps, <60% 1RM,
Hypertrophy = 6-12 reps, >30% 1RM, 30-60sec rest
Strength = 1-5 reps, 80% 1RM, 3-5 min rest
Power = 1-3 reps, 85-100% 1RM or 30-40% 1RM for speed, 2-5 min rest

Full Body Routines
Upper/Lower split
Push/Pull/Legs
Body Part Split

Plyometric Contact
Beginner = 60
Intermediate = 80-120
Advanced = 120+

Youth Flexibility
Frequency = 3 per week
Mode = static stretch
Duration = 10-15 sec 2x per stretch
Intensity = mild

Youth Resistance
Frequency = 2-3 per week
Mode = body weight
Duration = 1-2 sets of 6-12 reps
Intensity = <40$ max load

Youth Aerobic
Frequency = 3 per week
Mode=walk/jog/dance/bike/swim
Duration = 30min
Intensity = HR 50-60% max, moderate, RPE 4-5 Borg

Older Adult Flexibility
Frequency = 2 or more/week
Mode = static stretch
Duration = 5-30 min
Intensity = moderate

Older Adult Aerobic
Frequency=mod/5/week Vig/3/week
Mode=walk/cycle/swim/Seated aerobics
Duration=mod for 30-60 min, 150-300/week
Intensity=mod-50-70% HRR

Calories per g
Carb=4kcals
Protein=4kcals
Fat=9kcal
Alcohol=7kcal

Older Adult Resistance
Frequency=2 or more/week
Mode=bands/free weight
Duration=8-12 reps per muscle group
Intensity=moderate-vigorous

Pregnancy Aerobic
Frequency=3-5 per week
Mode=weight and non-weight bearing
Duration=up to 30/min/day
Intensity=moderate for most, vigorous for active

Pregnancy Resistance
Frequency=2-3 per week
Mode=free weight and bodyweight
Duration=1-3 sets for major muscle groups
Intensity=moderate

Pregnancy Flexibility
Frequency=2-3 per week
Mode=active, passive, dynamic
Duration=10-30 sec hold
Intensity=mild

Training Obese Clients
Frequency=5+ per week
Mode=aerobic primary, weights for large groups
Time=30 min minimum
Intensity=mod-vig
Assessment=push, pull, squat, single leg balance

TDEE Components
Basal Metabolism
Physical Activity
Thermic Effect of Food