

Study Guides for Exercise Physiology

The posted study guides are intended to be used to help you learn key concepts and information associated with most undergraduate exercise physiology classes. They can also be used to study for the exercise physiology portions of certification exams such as the ACSM- Exercise Physiologist exam , the NSCA- CPT or CSCS exam, or other industry personal training certifications.

In order to maximize the benefit of the study guides, try to be as thorough as possible when answering each question. Answering with the most simple answer will probably not help you learn the material at the depth necessary. See the example below:

Question: What is the typical resting oxygen consumption?

Answer: 3.5 mL/kg/min

Better answer: 3.5 mL/kg/min, which is equal to 1 MET

Best answer: Typical resting oxygen consumption is equal to 3.5 mL/kg/min, which is equal to 1 MET (metabolic equivalent). This means that at rest, a person would consume 3.5 mL of oxygen each minute, for every kg of their body weight. For example, a person who weighs 82 kg would consume 287 mL or .287 L of oxygen each minute.

Other tips on getting the most out of these study guides include

- **avoiding copying/pasting from other sources into the document**
- **putting the concepts into your own words**
- **looking up words you are unfamiliar with**
- **using other sources (videos, websites)**
- **explaining the concepts out loud to anyone who will listen. It could be your dog or cat!**



7-Step Study System

1

Choose a main source to serve as your primary resource (i.e. your class textbook)

2

Working one section at a time, read through the material and write down any key terms or words you aren't familiar with.

3

When finished reading through that section, look up the key terms and write/type out the definitions (do not copy /paste).

4

Go back through the section and answer the questions from the study guide. Remember to be thorough in your answers. Use other resources like class lecture slides or videos to give your answers more depth.

5

After answering all the study questions as completely as possible, take a blank copy of the study guide and write / type out as many answers as you can without looking anything up.

6

For the questions you were not able to answer, repeat the process above until you can answer all of the questions in depth!

7

For more challenging concepts where you may need more targeted help, seek additional help from classmates, your instructor, or tutoring resources.

