

## Acsm Certification Review

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acsm s certification review is the ultimate resource to help you pass the exam to become a certified personal trainer cpt certified health fitness specialist hfs or certified clinical exercise specialist ces highlights include case studies that reinforce concepts

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this is a review manual for candidates wanting an acsm credential it combines content from acsm s health and fitness certification review and acsm s clinical certification review into one resource

this sixth edition of the acsm s certification review has been extensively revised from previous editions of this text this edition covers all the current knowledge and skills for the certifications of the acsm certified personal trainer acsmcpt the acsm certified exercise physiologist acsm ep and the acsm certified clinical exercise physiologist acsm cep

acsm s certification review is a review manual for candidates wanting an acsm credential including acsm s health and fitness certification acsm s clinical certification or acsm s registry for clinical exercise physiology the book combines content from the first editions of acsm s health and fitness certification review and acsm s clinical certification review into one resource content is based on the knowledge skills and abilities ksas found in acsm s guidelines for exercise testing and prescription seventh edition each chapter presents an outline format review and ends with certification type questions and answers the book includes two comprehensive practice exams to test the reader s knowledge

csm s clinical certification review will cover basic information in an outline format for candidates studying for the clinical

certification exams each chapter includes sample questions that are representative of the questions students will find on the certification exam a complete exam of all the materials mock exam is located at the end of the book

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prepared by the acsm educational materials committee the acsm clinical track certification study guide provides specific information on the length content and format of the clinical exams it includes sample test questions and practical scenarios

this complementary book to acsm s guidelines for exercise testing and prescription elaborates on the knowledge skills and abilities ksas you need to study for any of the american college of sports medicine certification exams it also serves as a valuable professional resource behind the guidelines new content includes updated research throughout and a reorganization of the ksas to correspond with the sixth edition of acsm s guidelines significantly revised chapters include epidemiology of physical activity physical fitness and selected chronic diseases diet and chronic disease medical and invasive interventions in the management of coronary artery disease comprehensive cardiovascular risk reduction in patients with coronary artery disease smoking cessation policies and procedures for clinical programs both the clinical and health fitness tracks are covered in an attractive design that highlights the ksas for each level of certification the book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness a brandon hill recommended title

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anyone planning to take the acsm personal trainer certification should take advantage of everything in this study guide this comprehensive study guide includes test taking strategies comprehensive reviews of content helpful graphics practice test questions detailed answer explanations

a concise study guide that highlights the knowledge and skills required to pass the acsm cpt exam to become a certified personal

trainer the content in this study guide references the latest acsm s resources for the personal trainer 5th edition presented in an easy to read format that helps to comprehend retain the information this study guide is organized in the following four performance domains domain i initial client consultation and assessment 25 domain ii exercise programming and implementation 45 domain iii exercise leadership and client education 20 domain iv legal and professional responsibilities 10 includes quick reference pages for required formulas conversions and acronyms includes 50 practice questions to enhance knowledge and to have an idea of what the actual test will look like includes detailed practice question answers with explanations on how the answers are obtained includes resources and helpful links that share additional information to help you be fully prepared on test day includes a link to save 30 off the acsm cpt exam includes term definitions and detailed descriptions of the heart muscles nutrition training modalities and more

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