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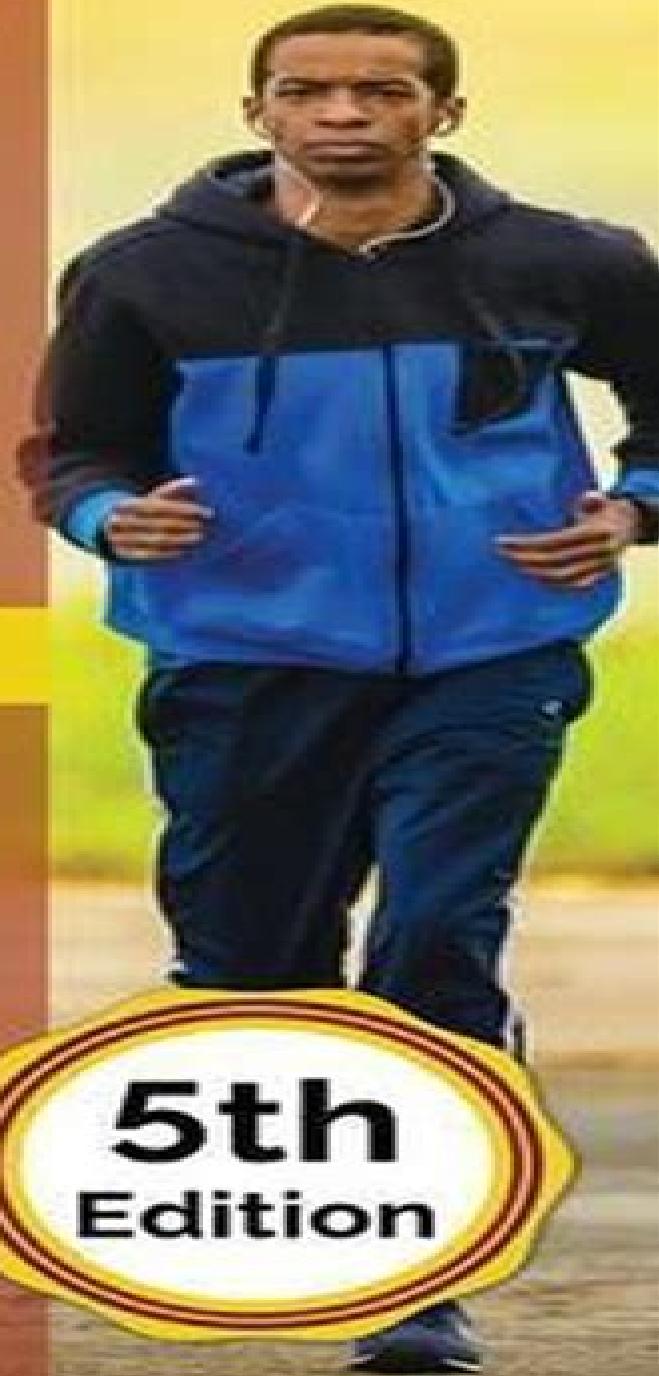
**Certified
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STUDY GUIDE

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Acsm Certified Personal Trainer Study Guide

Acsm Personal Trainer Prep Team

Acsm Certified Personal Trainer Study Guide:

Acsm Certified Personal Trainer Exam Prep CPT Exam Prep Team, 2016-02-29 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 and 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%, and 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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ACSM Certification Review Study Guide Certified Personal Trainer (Cpt) Team, 2016-10-04 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

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to pad a study guide as a means to convince people there is more information this is a devious trick used to make you think you are getting more when really it's all just wasting your time *Trivium's Resources for the ACSM Certified Personal Trainer Exam 2018-2019 ACSM CPT Exam Prep Team, 2017-10-24*

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