

ACSM STUDY GUIDE (ACSM PT EXAM)

BIOMECHANICS ✓Ans - principles of physics related to energy and force as they apply to the human body

PROXIMAL ✓Ans - CLOSER TO THE TRUNK

DISTAL ✓Ans - further from the trunk

SUPERIOR (CRANIAL) ✓Ans - above, toward the head

INFERIOR (CAUDAL) ✓Ans - lower than, toward the feet

ANTERIOR (VENTRAL) ✓Ans - toward the front

POSTERIOR (DORSAL) ✓Ans - toward the back

MEDIAL ✓Ans - closer to the midline

LATERAL ✓Ans - further from the midline

THREE CARDINAL BODY PLANES ✓Ans - sagittal plane, frontal plane, transverse plane

SAGITTAL PLANE ✓Ans - makes a division into right and left portions

FRONTAL PLANE ✓Ans - makes a division into anterior (front) and posterior (back) portions

TRANSVERSE PLANE ✓Ans - makes a division into upper (superior) and lower (inferior) portions

ROTATION ✓Ans - movement around a longitudinal axis, either toward or away from the midline

CIRCUMDUCTION ✓Ans - a combination of flexion, extension, abduction, and adduction

Acsm Paphs Study Guide

**Trivium Test Prep,Trivium Test Prep
Staff**

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ACSM's Resources for the Personal Trainer American College of Sports Medicine,2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs

ACSM Certified Clinical Exercise Specialist Study Guide - Secrets to Outsmart the Exam Trivium Test Prep ACSM Research and Writing Team,2013-05-04

Pocket Study Guide: ACSM Exercise Specialist Chan Lee,2016-03-07 Study for the test and pass the ACSM Certified Exercise Specialist exam with ease This handy pocket sized book contains many of the type of questions you are likely to receive when studying for the ACSM Exercise Specialist test Carry it with you and study any time

ACSM Certified Health Fitness Specialist Study Guide - Secrets to Outsmart the CHFS Trivium Test Prep ACSM Research and Writing Team,2013-05-05

ACSM's Certification Review ACSM,2013-02-01 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 organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain

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know information to save time on the ACSM exam These flash cards are essential for the student wanting to increase the test taking speed You will be ready to ace the ACSM exam in fact we guarantee it

ACSM Clinical Exercise Specialist Study Guide Trivium Test Prep,Trivium Test Prep Staff,2013-06-19 When it comes to the ACSM CPT Certified Personal Trainer you want to be prepared and you will be with our book designed to making studying fun and easy You don't want to waste time and money taking your ACSM CPT Certified Personal Trainer exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACSM CPT Certified Personal Trainer but realize too late when they get their score back that they were not ready at all They weren't

incapable and they certainly did their best but they simply weren't studying the right way There are a variety of methods to prepare for the ACSM CPT Certified Personal Trainer and they get a variety of results Trivium Test Prep's Secrets to

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ACSM Health and Fitness Track Certification Study Guide, 1998 American College of Sports Medicine,American College of Sports Medicine (ACSM) Staff, Frederick S Daniels,1998-03 **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 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 **ACSM's Certification Review** Pete Magyari,American College of Sports Medicine (ACSM),2021-08-12 Reflecting

the authoritative expertise of the American College of Sports Medicine ACSM's Certification Review 6th Edition prepares users to successfully pass certification exams and become an ACSM Certified Personal Trainer ACSM CPT ACSM Certified Exercise Physiologist ACSM EP or ACSM Certified Clinical Exercise Physiologist ACSM CEP. This easy to use review combines career specific information with assessment tools and application based exercises to boost test taking confidence and help users ensure a seamless transition to practice. Content in this 6th Edition has been updated to align with the latest edition of ACSM's Guidelines for Exercise Testing and Prescription and reorganized to strengthen connections between the material users will encounter on their exams and how they will apply that knowledge in practice.

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Secrets of the ACSM Certified Clinical Exercise Specialist Exam Study Guide ACSM Exam Secrets Test Prep Staff, 2015-02-25. Includes Practice Test Questions. Secrets of the ACSM Certified Clinical Exercise Specialist Exam helps you ace the American College of Sports Medicine Certified Clinical Exercise Specialist Exam without weeks and months of endless studying. Our comprehensive Secrets of the ACSM Certified Clinical Exercise Specialist Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Secrets of the ACSM Certified Clinical Exercise Specialist Exam includes The 5 Secret Keys to ACSM Exam Success, Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter Not Harder, Prepare Don't Procrastinate, Test Yourself. A comprehensive General Strategy review including Make Predictions, Answer the Question, Benchmark Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families. A comprehensive Content review including Exercise Assessment, Medical Pre Screening, Complete Blood Count, Heart Rate, Cholesterol Levels, Blood Pressure, Fasting Blood Glucose Levels, Hydrostatic Weighing, Motivating Factors, Accelerometer, Objective and Subjective Measurements, Paraplegia, American Spinal Injury Association, Vascular Lung Diseases, Akinesis, Hypokinesis, Incidence and Sensitivity, Negligence, American College of

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