

## **ACSM Exercise Physiologist Exam Study Guide For ACSM Certification 2022**

FITT for Obese - F:  $\geq 5$  days/week (max. caloric expenditure)

I: Mod-Vigorous Aerobic activity (Vig-desirable)

T: Min. 30 min -totaling  $\geq 150$ min/week (Progress to 60 min) intermittent 10 min. bouts OK

\*\*Vigorous activity is encouraged

T: Aerobic physical activity (resistance/flexibility -healthy pop. guidelines)

FITT-P for Hypertensive - F: Aerobic: Most/preferably every day

Resistance: 2-3 days/week

I: Mod-aerobic exercise RPE: 11-13

Resistance: 60-80% 1-RM

T: 30-60 min of continuous or intermittent of 10 min.

Resistance: 8-12 reps; 1 set

T: Aerobic exercise is the main focus (walking, cycling, swimming)

Progression: Guidelines for healthy Pop. Except pay attention to blood pressure and medications

FITT for Coronary Heart Disease - F: 3-4 d/w (5-6 d/w Optimal)

Resistance: 2 d/w

I: 50-60% (75) symp-limited VO<sub>2</sub>max or HRR

Resistance: 30-50% up to 60-80% of 1-RM

T: 30 minutes

Resistance: 12-15 reps, 1-3 sets

T: Endurance training

FITT for Diabetes mellitus - F: 3-7 days/week

I: RPE: 11-13 (40-60%VO<sub>2</sub>R)

-Intensity can be modified/increased based on individual

T: Min:  $\geq 150$ min/week (Moderate) Can be done in bouts of 10 minutes

# Acsm Certification Study Guide

**Daniel Hile**

## **Acsm Certification Study Guide:**

**ACSM Certified Personal Trainer Exam Prep , 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

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**ACSM New 2018 Certification Review** Acsm Personal Trainer Prep Team,2017-11-28 ACSM New 2018 Certification Review Comprehensive Study Guide Personal Trainer Resources for the American College of Sports Medicine Certified Personal Trainer CPT Exam Developed for test takers trying to achieve a passing score on the ACSM Personal Trainer Certification this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction to the ACSM CPT Initial Client Consultation and Assessment Exercise Programming and Implementation Exercise Leadership Client Education Legal Professional Responsibilities Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACSM Personal Trainer Certification The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the ACSM Personal Trainer Certification should take advantage of the review material practice test questions and test taking strategies contained in this study guide **ACSM Certification Review Study Guide 2017-2018** Acsm Personal Trainer Exam Prep Team,Ascencia Test Prep,2017-02-10 Ascencia Test Prep's study guide ACSM Certification Review Study Guide 2017 2018 ASCM Certified Personal Trainer CPT Resource with Practice Exam Questions is a comprehensive book offering readers a full

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