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PERSONAL TRAINER STUDY GUIDE

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- Practice questions for all concepts
- Tips from the ACSM CPT experts
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Acsm Personal Trainer Certification Study Guide

JG Myers

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Personal Trainer Exam Prep Daniel Hile, 2016-02-29 A simple study guide that highlights the knowledge skills required to pass the ACSM CPT Exam to become a certified personal trainer. The content in this study guide is 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 Assessment, Domain II Exercise Programming and Implementation, Domain III Exercise Leadership Client Education, and Domain IV Legal Professional Business Marketing. Includes quick reference pages for required Equations, Conversions, and Acronyms. Includes 50 practice questions to further enhance knowledge to have an idea of what actual test will look like. Includes detailed practice question answers with explanations on how the answers were obtained. Includes resources and helpful links that share additional information to help prepare you for exam. Includes a link to save 30% OFF the ACSM CPT Exam. Includes term definitions, detailed descriptions of the heart muscles, nutrition, training modalities, and more.

ACSM Certified Personal Trainer Study Guide Joshua Rueda, 2021-06-28 Test Prep Books ACSM

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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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Flash Cards Acsm Personal Trainer Exam Prep Team, Ascencia Test Prep, 2017-07-26

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's Guide to Exercise and Cancer

Survivorship American College of Sports Medicine, Melinda L. Irwin, 2012-02-14 ACSM's Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors Developed by the American College of Sports Medicine ACSM this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers Dr Melinda L Irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship With an emphasis on practical application the text discusses the following Incidence and prevalence of the most common cancers Common cancer treatments and side effects Benefits of exercise after a diagnosis of cancer Exercise testing prescription and programming Nutrition and weight management Counseling for health behavior change Injury prevention Program administration This guide presents evidence based information to assist health fitness and medical professionals in using exercise to help cancer survivors with recovery rehabilitation and reducing the risk of recurrence Throughout the text readers will find quick reference Take Home

Messages that highlight key information and how it can be applied in practice Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient such as physician's permission forms medical and cancer treatment history forms weekly logs of exercise and energy levels medication listings and nutrition and goal setting questionnaires In addition ACSM's Guide to Exercise and Cancer Survivorship discusses all of the job task analysis points tested in the ACSM ACS Certified Cancer Exercise Trainer CET exam making this the most complete resource available for health and fitness professionals studying to attain CET certification Each chapter begins with a list of the CET exam points discussed in that chapter A complete listing is also included in the appendix As both an essential

preparation text for certification and a practical reference ACSM's Guide to Exercise and Cancer Survivorship will increase health and fitness professionals knowledge of the benefits of exercise after a cancer diagnosis as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors More clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment speeding recovery and improving overall quality of life In turn cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities With ACSM's Guide to Exercise and Cancer Survivorship health and fitness professionals can provide safe exercise programs to help cancer survivors improve their health take proactive steps toward preventing recurrences and enhance their quality of life

[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

Pocket Study Guide

Chan Lee,2016-03-07 Study for the test and pass the ACSM Certified Personal Trainer exam with ease Become an ACSM Certified Personal Trainer This pocket sized book contains many of the type of questions that you are likely to face in the test

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