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(ACSM),2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination ACSM s Resources for the Personal Trainer 6th Edition provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence as well as practicing Personal Trainers who want to take their practice to the next level This updated edition is fully aligned with the eleventh edition of ACSM s Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening exercise program development and working with special populations Published by the American College of Sports Medicine this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice Engaging case studies and study features help ensure the retention for success on the ACSM CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients **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 review of the subject matter covered on the ASCM Certified Personal Trainer exam test tips and strategies real world examples and worked through practice problems Ascencia s ASCM Certified Personal Trainer book covers EXERCISE SCIENCE NUTRITION ASSESSMENT EXERCISE TECHNIQUE PROGRAM

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Barbara,2017-01-23 ACSM s Complete Guide to Fitness Health Second Edition offers the most current exercise and nutrition guidelines along with assessments exercises activities and programs for varying ages special conditions and fitness goals Authoritative and comprehensive it makes adding enhancing or customizing a fitness and health routine safe and effective

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