



ACSM'S

Resources for the Personal Trainer

Sixth Edition



ACSM'S

Guidelines for Exercise Testing and Prescription

Eleventh Edition



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ACSM's Resources for the Personal Trainer Trent Hargens,American College of Sports Medicine (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

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ACSM's Resources for the Personal Trainer Rebecca Battista,Kenneth Lee Everett,Trent Hargens,Mindy Mayol,2018 Published by the American College of Sports Medicine this Fifth Edition of ACSM s Resources for the Personal Trainer is the critical content for those seeking to gain ACSM s Certified Personal Trainer certification and those currently practicing This title is now fully aligned to the tenth edition of ACSM s Guidelines for Exercise Testing and Prescription and includes the new pre participation guidelines which will be critical for those in the personal trainer field This title continues to recognize the Personal Trainer as a professional in the continuum of creating healthy lifestyles and provides the Personal Trainer with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients ACSM s Resources for the Personal Trainer is the official preparation book for the ACSM Certified Personal TrainerSM examination Divided into six distinctly different parts ranging from an introduction to the profession of personal training to how to run a personal training business ACSM s Resources for the Personal Trainer provides coverage of anatomy exercise physiology biomechanics behavior modification and nutrition as well as assessment of strength and flexibility and the development of resistance and cardiorespiratory training programs The science and evidence based approach allows the Personal Trainer to transfer knowledge to their clients effectively

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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

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