

## **ACSM Study Guide| 574 QUESTIONS| 45 PAGES| WITH COMPLETE SOLUTIONS**

What is the PAR-Q? correct answer: physical activity readiness quest; 7 questions, don't change, if marks yes to one then client must have physician's consent before starting exercise program; appropriate when one wants to engage exclusively in light-to-moderate intensity exercise activities

What is the HSQ? correct answer: 10+ questions, usually goes hand in hand w/ PAR-Q, allows fitness professionals to identify medical contraindications, pertinent responses should be documented

the recommendations of the PAR-Q and HSQ are provided by what agencies? correct answer: ACSM, AHA

signs or symptoms of pain; discomfort in chest, neck, jaw, arms or other areas that may result from ischemia correct answer: cardiac disease (CAD)

shortness of breath at rest or mild exertion correct answer: dyspnea

dizziness or syncope correct answer: cardiac disorder, severe CAD, hypertrophic cardiomyopathy, aortic stenosis, malignant ventricular dysrhythmias

orthopnea or paroxysmal nocturnal dyspnea correct answer: left ventricular dysfunction

ankle edema correct answer: heart failure, bilateral chronic venous insufficiency

palpitations or tachycardia correct answer: cardiac rhythm disorders (tachycardia, bradycardia, ectopic beats, compensatory pauses, accentuated SV from valvular regurgitation)

intermittent claudication correct answer: CAD

known heart murmur correct answer: valvular or other cardiovascular disease

unusual fatigue or shortness of breath with usual activities correct answer: cardiovascular, pulmonary or metabolic disease

health screening tools correct answer: PAR-Q, CVD risk factor assessment and classification, medical evaluation

bench press correct answer: prime movers: pec major, anterior deltoid, coracobrachialis, triceps antagonists: posterior deltoid, bicep, lats/rhombooids

incline or decline press correct answer: pec major/serratus, anterior deltoid, medial deltoid, coracobrachialis, decline press: lats, teres major, sternal part of pecs

# Acsm Paphs Study Guide

**Trivium Test Prep**

## **Acsm Paphs Study Guide:**

**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

**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: 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 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 Outsmart the ACSM CPT Certified Personal Trainer Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the ACSM CPT Certified Personal Trainer can cost you precious time money and effort that you shouldn't have to spend What is in the book In our ACSM CPT Certified Personal Trainer study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions to ensure that you master the material Best of all we show you how this information will be applied on the real exam ACSM CPT Certified Personal Trainer practice questions are included so that you can know without a doubt that you are prepared Our study guide is streamlined and concept driven not filled with excess junk silly attempts at humor or confusing filler so you get better results through more effective study time Why spend days or even weeks reading through meaningless junk trying to sort out the helpful

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**Outsmart the CHFS** Trivium Test Prep ACSM Research and Writing Team,2013-05-05 [ACSM Certified Personal Trainer Study Guide](#) Joshua Rueda,2021-06-28 Test Prep Books ACSM Certified Personal Trainer Study Guide ACSM CPT Exam Prep Review and Practice Test Questions 5th Edition Made by Test Prep Books experts for test takers trying to achieve a great score on the ACSM CPT exam This comprehensive study guide includes Quick Overview Find out what's inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what's on it Initial Client Consultation and Assessment Exercise Programming and Implementation Exercise Leadership Client Education Legal Professional Responsibilities Practice Questions Practice makes perfect Detailed Answer Explanations Figure out where you went wrong and how to improve Disclaimer ACSM R is a registered trademark of the American College of Sports Medicine who does not endorse nor is affiliated in any way with the owner or any content of this website Studying can be hard We get it That's why we created this guide with these great features and benefits Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test ACSM CPT Practice Test Questions We want to give you the best practice you can find That's why the Test Prep Books practice questions are as close as you can get to the actual test Answer Explanations Every single problem is followed by an answer explanation We know it's frustrating to miss a question and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Customer Service We love taking care of our test takers We make sure that you interact with a real human being when you email your comments or concerns Anyone planning to take this exam should take advantage of this Test Prep Books study guide Purchase it today to receive access to ACSM CPT review materials ACSM CPT practice test questions Test taking strategies [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 *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 Certified Personal Trainer Exam Prep** Ascencia,2020-08-12 Acsm Certified 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 Domain IV Legal Professional Business Marketing Includes quick reference pages for required Equations Conversions 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

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Staff,2015-02-25 Includes Practice Test Questions Secrets of the ACSM Certified Health Fitness Specialist Exam helps you ace the American College of Sports Medicine Certified Health Fitness Specialist Exam without weeks and months of endless studying Our comprehensive Secrets of the ACSM Certified Health Fitness 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 Health Fitness 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 Muscle Training Physical Activity Recommendations Stages of Progression Cardio Respiratory Conditioning Flexibility Exercises Types of Muscular Contractions Measuring Body Composition Warm Ups and Cool Downs Exercise Class Format Basic Standing Exercises Proper Floor Exercises Monitoring Intensity and Frequency Teaching Strategies Setting Exercise Goals Motivation Proper Lifting Techniques Bench Press Activities Types of Muscle Soreness Exercise Systems Circuit Training Proper Machine Use Exercise Physiology Principle of Steady State and much more *ACSM's Certification Review* American College of Sports Medicine,2017-05-15 Publisher s Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product With ACSM s Certification Review as your guide you can be ready to successfully pass the exam to become a Certified Personal Trainer CPT Certified Exercise Physiologist EP C or Certified Clinical Exercise Physiologist CEP As a review tool this text will help you identify your strengths and weaknesses and then eliminate those areas of weakness with further study Most importantly this text will help you advance your career in fitness and exercise Now aligned with the tenth edition of the ACSM s Guidelines for Exercise Testing and Prescription this text is reflective of the key changes and the only print resource for the current ACSM certification exams ACSM s Certification Review is organized into three parts by certification level **ACSM's Health & Fitness Certification Review** American College of Sports Medicine,2001 A review manual for candidates seeking ACSM certification in the Health and Fitness Track Features include outline format review for each chapter followed by certification type review questions content based on the KSAs Knowledge Skills and Abilities for ACSM Group Exercise Leader SM and ACSM Health Fitness Instructor SM Certification found in the ACSM s Guidelines for Exercise Testing and Prescription Sixth Edition and comprehensive practice exam at the end of the book **Pocket Study Guide** Chan Lee,2016-03-07 Study for the test and pass the ACSM Certified

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