



Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified Health Fitness Specialist Exam

ACSM Exam Secrets Test Prep Team

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*****Includes Practice Test Questions*****

Get the test prep help you need to be successful on the ACSM Certified Health Fitness Specialist test.

The ACSM Certified Health Fitness Specialist exam is extremely challenging and thorough test preparation is essential for success. *Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide* is the ideal prep solution for anyone who wants to pass the ACSM Certified Health Fitness Specialist exam.

Not only does it provide a comprehensive guide to the ACSM Certified Health Fitness Specialist exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide includes:

- A complete review of material covered on the American College of Sports Medicine Certified Health Fitness Specialist Exam
- An analysis of exercise prescription and programming
- A breakdown of exercise physiological and related exercise science
- An examination of health appraisal and fitness testing
- A thorough look at nutrition and weight management
- An in-depth study of program administration, quality assurance, and outcome assessment
- A guide to safety, injury prevention, and emergency procedures
- An extensive review of pathophysiology and risk factors
- A detailed overview of human behavior
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the American College of Sports Medicine (ACSM) expects you to have mastered before sitting for the exam.

The Exercise Prescription and Programming covers:

- Training terminology
- Modifications
- Instruction strategies
- Training program set-up
- Motivation

The Exercise Physiology and Related Exercise Science section covers:

- Biomechanics

- Muscle actions and applications
- Bones
- Effects of exercise
- Basic anatomy

The Health Appraisal and Fitness Testing section covers:

- Skinfold measurements
- Evaluating strength and endurance
- Evaluating flexibility
- Before beginning physical program
- Monitoring

The Nutrition and Weight Management section covers:

- Six basic nutrients
- Healthy diet factors
- Vitamins and supplements
- Importance of water intake

The Program Administration, Quality Assurance, and Outcome Assessment covers:

- Health screen document
- Business plan
- Policy setting
- Reducing liability risk

The Safety, Injury Prevention, and Emergency Procedures section covers:

- Injuries
- Negligence and malpractice
- Obtaining informed consent
- First aid procedures

The Pathophysiology and Risk Factors section covers:

- Cardiovascular disease
- Symptoms requiring referral
- Metabolic risk factors
- Respiratory risk factors

The Human Behavior section covers:

- Theories
- Encouraging adherence
- Stress
- Identifying depression
- Aging process

These sections are full of specific and detailed information that will be key to passing the ACSM Certified Health Fitness Specialist exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessib

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From reader reviews:

Natasha Rich:

The particular book Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified Health Fitness Specialist Exam has a lot of information on it. So when you make sure to read this book you can get a lot of profit. The book was published by the very famous author. The writer makes some research prior to write this book. This book very easy to read you can get the point easily after reading this book.

Geraldine Bagley:

People live in this new day of lifestyle always aim to and must have the spare time or they will get great deal of stress from both day to day life and work. So , once we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative with spending your spare time, the actual book you have read is Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified Health Fitness Specialist Exam.

Lidia Flynn:

Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified Health Fitness Specialist Exam can be one of your beginning books that are good idea. We recommend that straight away because this e-book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to put every word into joy arrangement in writing Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified Health Fitness Specialist Exam although doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be considered one of it. This great information can certainly drawn you into brand new stage of crucial thinking.

Adam McGrath:

This Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified Health Fitness Specialist Exam is great book for you because the content and that is full of information for you who also always deal with world and have to make decision every minute. This book reveal it facts accurately using great arrange word or we can say no rambling sentences within it. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but tough core information with lovely delivering sentences. Having Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test

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