



# ACSM's Resources for the Personal Trainer

*American College of Sports Medicine*

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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.

## ACSM's Resources for the Personal Trainer Details

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# **From Reader Review ACSM's Resources for the Personal Trainer for online ebook**

## **Tim Rucinski says**

For someone like myself planning to take the Personal Trainer exam from ACSM this spring, the book was a good introduction to what would be covered. However, there is a bit of a line in the Appendix that indicates that what is provided in the book is not sufficient if you are serious about taking the exam. For the exam, you need to be proficient in the KSA's listed in the back, that is, the knowledge, skills and activities required for personal training as designated by the ACSM. So although I'll pour through the book again prior to sitting for the exam, it will be up to me to delve more deeply into the KSAs by focusing on other resources, some published through ACSM, some from other publishers.

Nevertheless, this is a very good book if you want to gain an overall introduction to the field and to the rudiments of exercise physiology. A great jumping off point, so to speak.

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## **Amy Hammond says**

TONS!!!! Still reading and have been in this and 5 others for months now! Very sports and exercise science based as well as Anatomy, Kinesiology, and Biomechanics based. NOT a book to read for leisure!!!! However I will be DONE soon and am excited to move on to a book more for leisure and/or spiritual growth. I'm taking suggestions!!!

Finally done!!! I completed my Personal Training Certification about 1 month ago!!! Grate Book!!!

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## **Malcolm says**

### **A Textbook for COT**

Covers all the basics of anatomy, phys, and training. Useful for the test. I would recommend if you are planning to take the cpt exam.

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## **David Manning says**

This text is an incredible, comprehensive resource that I highly recommend for all health, wellness, and fitness professionals.

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