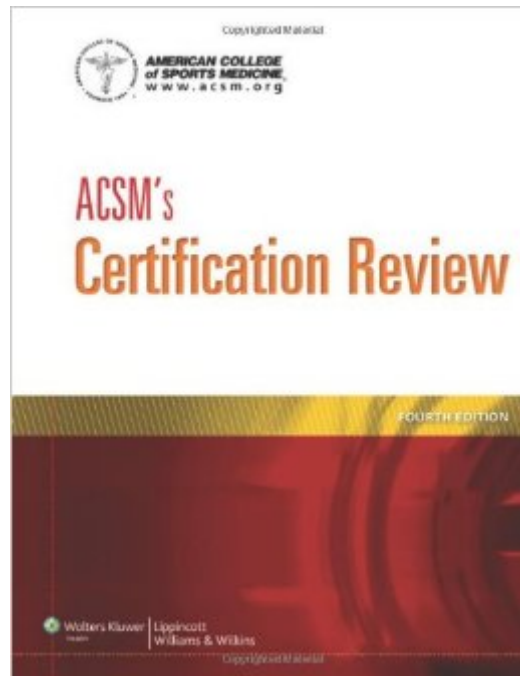


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# ACSM's Certification Review



## Synopsis

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

## Book Information

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## Customer Reviews

I used this to study for my CPT exam, and there are a few things I noticed in the other reviews that I feel the need to correct. This book does NOT contain most of the information you need. It contains a list of REFERENCES TO information you need to know. (Pointers, for your programmers.) You will need to buy (or have existing knowledge of the information from) the following books for the CPT exam:

- ACSM's Resources for the Personal Trainer - This book goes over the basics of exercise physiology and some testing methods. If you are not currently studying or have not studied Exercise Science (or the equivalent), this is a must-have.
- ACSM's Guidelines for Exercise Testing and Prescription - This book details the steps and information necessary to understand exercise testing and prescription. I personally studied the most from this book, since my Ex Sci coursework from college only briefly touched upon this material.
- ACSM's Health-Related

Physical Fitness Assessment Manual - This book contains several extremely valuable testing methods, as well as the largest collection of norm charts out of any other ACSM publication (including blood testing norms, which come up a LOT in the CPT exam). There is some basic information in this book, but the vast majority of information is contained in other ACSM publications. If you are looking to go for certification, **MAKE SURE YOU GET THE OTHER MANUALS**. You **CANNOT** study exclusively from this text and expect to pass the test. Additionally, the exam is not all memorization as the practice test may lead you to believe. There are several case studies that have you apply the principles of risk stratification, testing, and basic prescription. Good luck on your exam!

Though this book has received good reviews, I did not find the book to be very helpful in preparation for my HFS exam. As another review stated, they put the CPT, HFS, and CES study guides together, which stinks if you only need one of them. It was helpful to look at other portions of exams, since some of the certifications go over the same information. I was very frustrated to not find any information about the newer format and percentage distribution with the HFS exam, so I was hoping this book could help me in preparing for the new management piece that counts for 15% of the total score. I felt that the case studies presented for different sections were very simple compared to the ones that are given to you on the exam. I also was not expecting much EKG material, but there were about 4-5 questions on different cardio topics, which is not covered within the HFS case studies. I gave the book 2 out of 5 stars because I don't think it is very necessary for success on the exam. There was also a couple of typos within the practice exam questions (much easier than the true exam, BTW), which to me is unacceptable. There was a question about what qualifies HDL to be a risk factor, and ACSM put

Pros:- Provides detailed breakdown of exam outlines and job descriptions for each ACSM job.- 100 question practice exam for each section with detailed explanation for each problem and why it is correct and others are incorrect.- Gives real world scenarios with real clients, following up with questions on how to begin a program with them and obstacles that may arise- Short, concise, and to the point. No fluff like other texts. The minute you open the book, you dive right into the information. Cons:- With different certifications included, the time actually spent on each was short. For example, I was taking the ACSM-CPT. When I finished that section of the book, I had learned a lot, however, I couldn't learn anything else from the book that would be useful for my exam. What I did was go ahead and attempt the other sections, but they were more in depth and too advanced for

a starting personal trainer. I believe a better option for me at this point in time would have been an ACSM-CPT specific prep booklet.- HOWEVER, although each section is short, it is still an amazing resource for whichever certification you are trying to obtain.\*For the reason of it being almost too concise, and not giving more per section, I rate this 4 stars.

So far, this has been a tremendous help in studying for the certification exam. It covers all three exam types with explanations of answers, location of where to find the sources and other important information, and in depth questions that are key to the life like application in the field.

This book is an excellent resource for all certifications. I recently took my ACSM cpt exam and passed it with some help from this book. It provides great case studies, and I like the question and answer format. This book will also give you practice exams as well. This is not the only book that should be used to study for your exams but it is a good one to have in your collection. However, just be careful of a few of the answers to the math questions are wrong. Even though the answers to one or two of the math questions were wrong I still rate this book all 5 stars because the steps necessary to take in order to calculate the answer are correct.

On time, as advertised, Like New, as advertised. O.K resource, though better accompanied with the additional study guides recommended by ACSM. Passed the Exam, without the other guides, though much more info available via other resources, in addition.

Excellent review for the exam. I actually felt prepared by reviewing the exam questions and case studies in this book. It's a DEFINITE MUST HAVE for all wanna be ACSM personal trainers!

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