



**Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides)**

*ACSM Exam Secrets Test Prep Team*

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# Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides)

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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. *ACSM Certified Health Fitness Specialist Exam Secrets 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. *ACSM Certified Health Fitness Specialist Exam Secrets Study Guide* includes:

- A thorough overview of the ACSM Certified Health Fitness Specialist Exam
- A guide to health and fitness assessment
- An examination of exercise prescription, implementation (and ongoing support)
- A breakdown of exercise counseling and behavioral strategies
- An in-depth look at legal/professional
- A full study of management
- 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 Health and Fitness Assessment section covers:**

- Skinfold measurements
- Cycle ergometer test
- Evaluating strength and endurance
- Before beginning physical program
- Monitoring

**The Exercise Prescription, Implementation (and Ongoing Support) section covers:**

- Heart, lungs and vessels
- Modifications
- Healthy diet factors
- Prompts
- Training program set-up
- Motivation
- Push-ups
- Machine use

**The Exercise Counseling and Behavioral Strategies section covers:**

- Behavior change models
- Theories
- Diabetic individuals
- Young people
- Seniors
- Obesity

**The Legal/Professional section covers:**

- Insurance
- Interviewing Process
- Scope of practice for certified fitness instructors
- Basic first-aid procedures
- Developing original educational materials
- FERPA and HIPAA laws

**The Management section covers:**

- Business models
- Effective marketing
- Ensuring safety policies and procedures are well-known among clients
- Potential customers
- Building rapport

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 accessibility, you will not have to worry about getting lost in dense academic language. Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual ACSM Certified Health Fitness Specialist Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

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**From reader reviews:**

**George Oneal:**

The book Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides) can give more knowledge and information about everything you want. Why must we leave the great thing like a book Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides)? A number of you have a different opinion about e-book. But one aim this book can give many facts for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or info that you take for that, you may give for each other; you are able to share all of these. Book Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides) has simple shape but the truth is know: it has great and large function for you. You can appearance the enormous world by open and read a e-book. So it is very wonderful.

**Judy Chisolm:**

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**Brian Crafton:**

With this era which is the greater man or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple way to have that. What you must do is just spending your time very little but quite enough to get a look at some books. One of many books in the top listing in your reading list is usually Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides). This book which is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking way up and review this guide you can get many advantages.

**Roger Cooper:**

What is your hobby? Have you heard in which question when you got students? We believe that that issue

was given by teacher on their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person like reading or as studying become their hobby. You need to understand that reading is very important along with book as to be the matter. Book is important thing to provide you knowledge, except your current teacher or lecturer. You discover good news or update about something by book. Numerous books that can you decide to try be your object. One of them are these claims Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides).

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