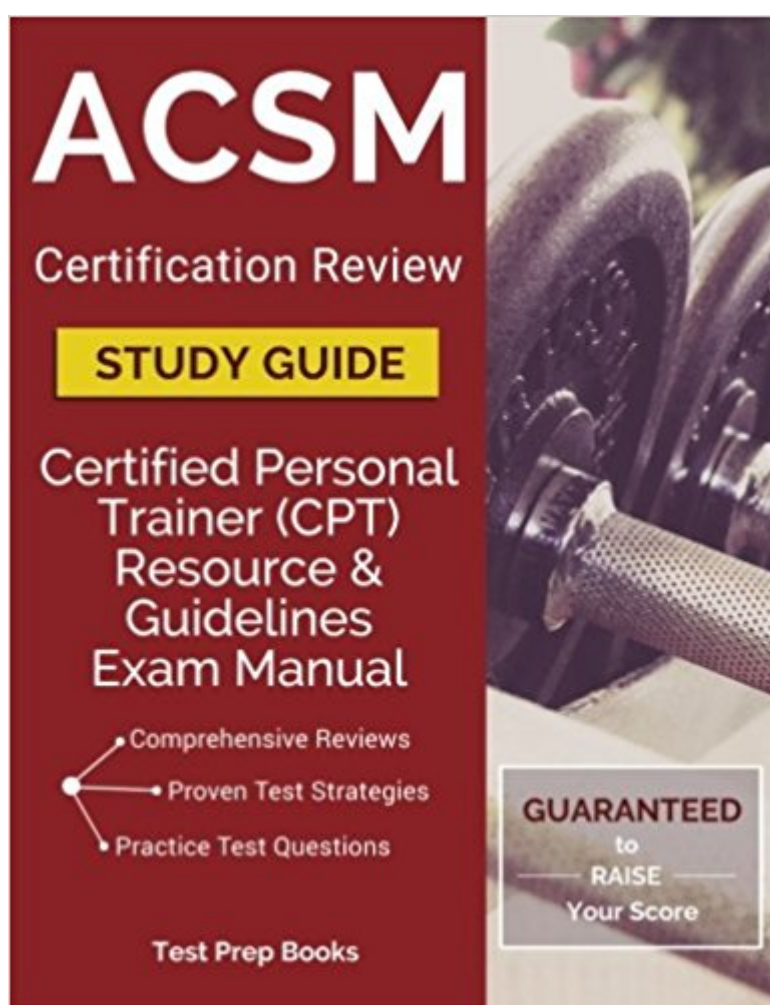


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# ACSM Certification Review Study Guide: Certified Personal Trainer (CPT) Resource & Guidelines Exam Manual



## Synopsis

ACSM Certification Review Study Guide: Certified Personal Trainer (CPT) Resource & Guidelines Exam Manual Developed for test takers trying to achieve a passing score on the ACSM Personal Trainer Certification, this comprehensive study guide includes:

- Quick Overview
- Test-Taking Strategies
- ACSM CPT Introduction
- Initial Client Consultation and Assessment
- Exercise Programming and Implementation
- Leadership & Education Implementation
- Legal, Professional, Business, and Marketing
- Practice Questions
- Detailed Answer Explanations

Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACSM Personal Trainer Certification. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the ACSM Personal Trainer Certification should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

## Book Information

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Guides

## **Customer Reviews**

Very good way to study for the ACSM CPT test! It is very clear and I was able to pass with a really high score! This is a definite must!

Great book for the Acsm personal trainer certification exam. Wish there were more books like this for the other ACSM exams.

The study guide provided clarity with regard to the resource textbook in a layman's terminology that anyone can understand. The practice questions give you examples of what may possibly be on the exam and give you a clearer idea of what is required for the exam. It tells you about the grading, gives test strategies and this is important to me as a senior having been out of school for many years.

This study guide is pretty comprehensive and it highlights the important points of what you need to know. I haven't taken the test yet so I will see if it gives me that extra edge.

The ACSM Certified Personal Trainer (CPT) Resource & Guidelines Exam Manual is a great companion for text preparation. The way that the guide is laid out makes it easy to take notes and check your answers. The manual goes into great depth on how to prepare for the CPT exam and also offers great test taking tips. I would highly recommend this study guide for those taking the Certified Personal Trainer Exam.

This study guide is amazing and very helpful for anyone looking to take the Certified Personal Trainer exam. I would definitely make this a must have study tool when looking for different ways to prepare for the exam. The picture, diagrams and explanations are very helpful and break down even the simplest questions a person can have. This study guide was very helpful and I would definitely recommend it to friends, family and anyone needing a study aid.

I thought this guide was really well written and the questions were awesome. They were very similar to the real test and the explanations are super helpful

The ACSM Study Guide is an easy to follow exam manual that is sure to raise your test score. It's easy to follow and is simplified enough for anyone to understand. You can also test your knowledge and skills by going over the practice test questions. Want a sure fire way to raise your scores? This manual has everything you need to do so. Updated and practical. You can also request a free test taking tips DVDs. If anyone is currently planning to take the certified personal trainer (CPT) exam now or in the near future. Ensure a high test score with this manual.

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