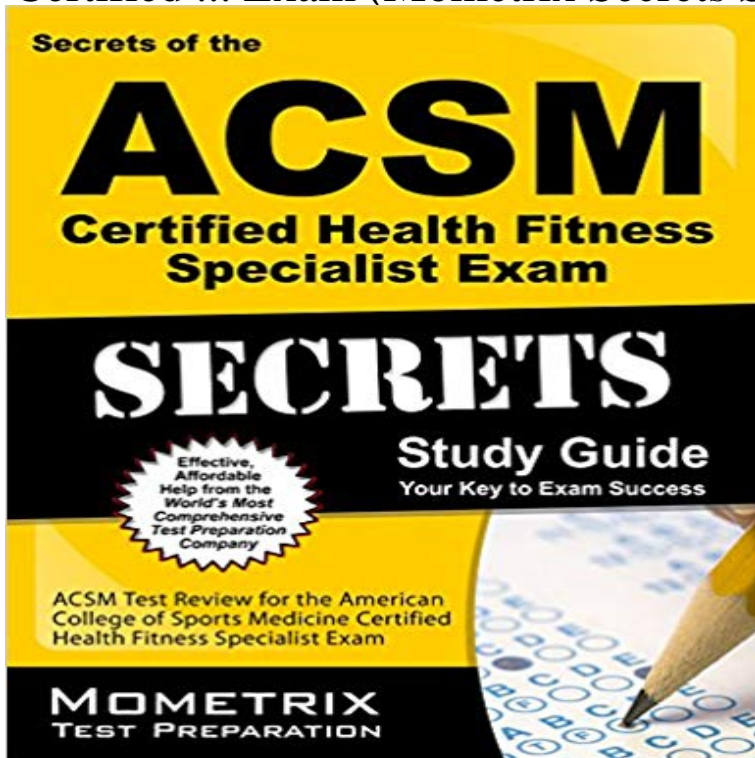


# Secrets of the ACSM Certified Health Fitness Specialist Exam Study Guide: ACSM Test Review for the American College of Sports Medicine Certified ... Exam (Mometrix Secrets Study Guides)



\*\*\*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 Its filled with the critical information youll 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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