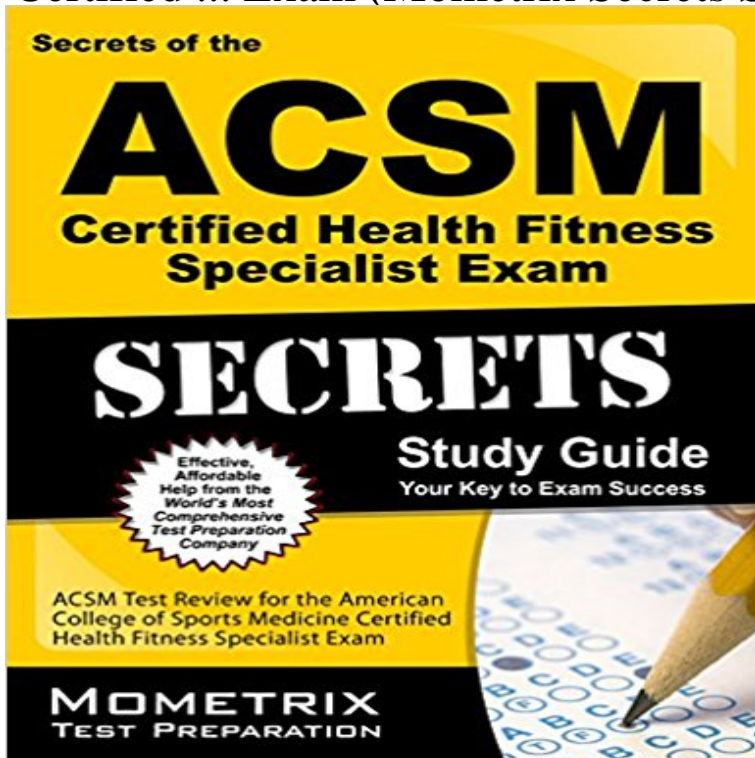


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change models Theories Diabetic individuals Young people Seniors Obesity The Legal/Professional section covers: Insurance Interviewing Process Scope of practice for certified fitness instructors Basic first-aid procedures Developing original educational 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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