



# ACSM's Resources for the Personal Trainer

*American College of Sports Medicine*

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**ACSM's Resources for the Personal Trainer** American College of Sports Medicine

This valuable resource is the official ACSM preparatory tool for the ACSM Certified Personal Trainer<sup>SM</sup> exam and provides coverage of fitness assessment, exercise prescription, and exercise leadership along with discussions of anatomy and physiology, injury prevention, psychology, emergency techniques, exercise leadership programs, and legal issues. It includes the fundamental knowledge, skills, and abilities (KSAs) used to improve, maintain, and/or optimize health-related components of physical fitness and performance. The Second Edition is now in full color and includes information on writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals.

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