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The current textbook is called ACSM's Resources for the Personal Trainer 5th edition. It consists of 22 chapters and is written by the American College of Sports Medicine. Refer to the image on this page so that you pick up the correct textbook. I recommend either picking the book up from the ACSM website or from Amazon.

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Personal Trainer Certification | ACSM Training Certification

28 Personal Trainers should be able to: Discuss common client expectations of a Personal Trainer. Examine potential career starting points and career paths. Highlight options for continuing education and career development. Examine expectations of a career as a Personal Trainer. CHAPTER 2 OBJECTIVES

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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.

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ACSM CPT Practice Test (ACSM Certification Review)

ACSM Certified Personal Trainer. Kinesiology. Biomechanics. anatomical position. Anterior. is the study of the mechanics of human movement and specific[ ]. is the study of the motion and causes of motion of living thin[ ]. The body is erect with feet together and the upper limbs posit[ ].

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