



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

By ACSM Exam Secrets Test Prep Team

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\*\*\*Includes Practice Test Questions\*\*\* Get the test prep help you need to be successful on the ACSM Certified Clinical Exercise Specialist test. The ACSM Certified Clinical Exercise Specialist Exam is extremely challenging and thorough test preparation is essential for success. *ACSM Certified Clinical Exercise Specialist Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the ACSM Certified Clinical Exercise Specialist Exam. Not only does it provide a comprehensive guide to the ACSM Certified Clinical Exercise Specialist Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. *ACSM Certified Clinical Exercise Specialist Exam Secrets Study Guide* includes:

- A detailed overview of the ACSM Certified Clinical Exercise Specialist Exam
- An analysis of parent/client assessment
- A full study of the exercise prescription
- An extensive review of the program implementation and ongoing support
- A guide to leadership and counseling
- An in-depth look at legal and professional considerations
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll 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 Patient/Client Assessment section covers:**

- Pre-screening process
- Important assessments
- Assessing muscular strength
- Before beginning physical program

- Documentation
- Important Terms

**The Exercise Prescription section covers:**

- Exercise prescription
- Types of patients
- Resistance training
- Flexibility training
- Special considerations
- Important Terms
- Muscle training

**The Program Implementation and Ongoing Support section covers:**

- Stages of progression
- Modifications
- Biomechanics, kinetics, and kinematics
- Training systems
- Ankle and/or hand weights

**The Leadership and Counseling section covers:**

- Communication with clients
- Theories
- Encouraging adherence
- Peripheral artery disease (PAD)/intermittent claudication
- Effective communication of proper technique and feedback
- Young people
- Seniors
- Obesity

**The Legal and Professional Considerations section covers:**

- Interviewing Process
- Scope of practice for certified exercise specialists
- Basic first-aid procedures
- ACSM's code of ethics
- Privacy and confidentiality for clients
- FERPA and HIPAA laws

These sections are full of specific and detailed information that will be key to passing the ACSM Certified Clinical Exercise 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 Clinical Exercise Specialist Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

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