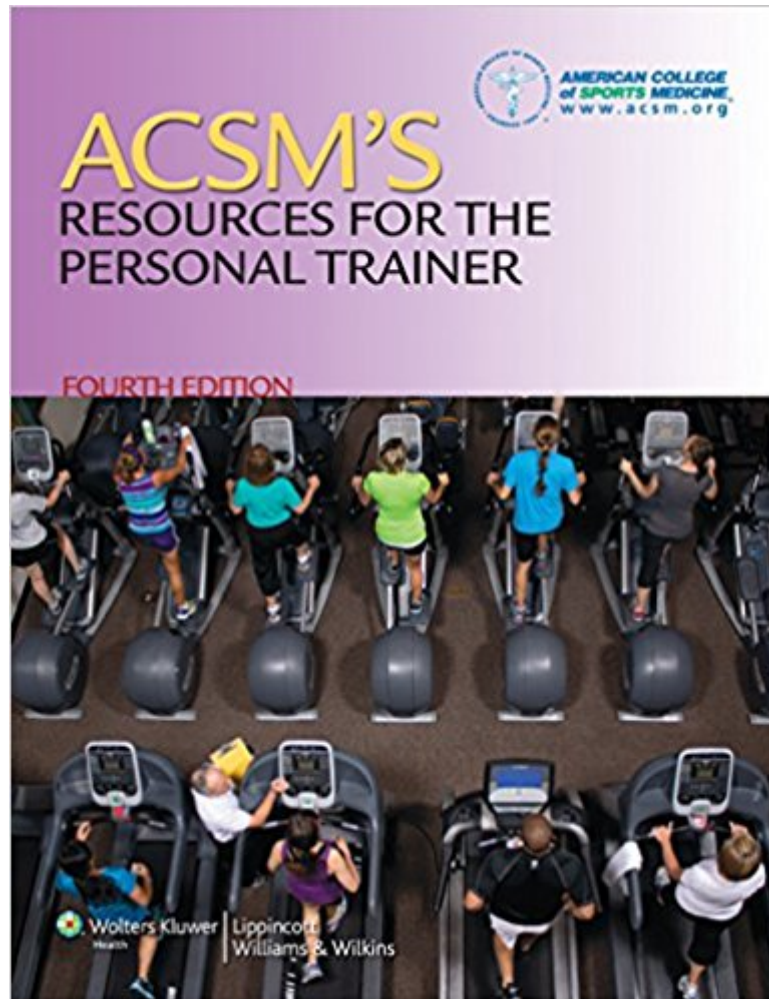


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# ACSM's Resources For The Personal Trainer



## Synopsis

ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

## Book Information

Hardcover: 592 pages

Publisher: LWW; Fourth edition (February 1, 2013)

Language: English

ISBN-10: 1451108591

ISBN-13: 978-1451108590

Product Dimensions: 1.5 x 8.5 x 11 inches

Shipping Weight: 4 pounds (View shipping rates and policies)

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## Customer Reviews

I purchased this book first and foremost to help myself and then hopefully to assist others via personal training. This resource guide is slightly cheaper on then having to buy through ACSM. Quite frankly, in the anatomy sections of this text, many of the images that show various muscles are far higher quality than the lousy Anatomy & Physiology textbook I shelled out \$200 for this semester at college. And while muscle origins and insertions are always difficult to learn, I find that ACSM addresses the material in a practical way that, while still hard, I think will ultimately teach me these critical muscle components more effectively than the inaccurately labeled anatomical models at my college and their rote memorization. I've read from several online sources that those planning to attend the 3 day ACSM CPT workshop should read this text before going, so that's what I'm doing. I'm only a little over 100 pages in, but am very impressed not only with the layout and structure of the material and the images, but the text itself is a good quality hardcover which will

stand up to a lot of wear, which is good since I'm sure I'll be consulting it again and again. I confess I'm flabbergasted at how little the real-world personal training industry resembles the standards espoused in this and other teaching texts on personal training. But that's what accountability and steady growth are for. The only downside is I would like to also have the Kindle version of this text, but the e-book is exorbitantly high--much more than should be necessary for an e-book format. Maybe if I win the lottery....

Fantastic resource for all things personal training. From how to assess, evaluate, build rapport with clients, handle emotional barriers, and how to effectively prescribe exercise for special populations. What I love about ACSM is that it opens the door to work with a wide array of people. Instead of just the elite athlete, ACSM personal trainers can work with the dad who has packed on "dad weight" over the years, grandma who hasn't been to a gym in decades, big brother who just quit smoking, and the list goes on. The ACSM Resource book gives insight on training programs for all types of clients based off of scientific peer-reviewed research and data. You can't put a price on helping the general population. I especially loved the anatomy and physiology section of the book. I will agree with other reviewers this resource could have easily supplemented my last few years in A and P classes in college. It contains detailed anatomical diagrams, cellular processes, muscular attachments, bones, and the list goes on. After taking the ACSM-CPT exam just yesterday, and PASSING, I will say that this book was paramount to my education and success on the exam. Each section is nicely broken down, and although the information is wide and dense, it is not impossible to learn. I will absolutely be referring to this book in my CPT career.

ACSM holds the "gold standard" for information about exercise training and testing. I had first heard of them in college, and ordered this book when I was a few years out of grad school, but needing an updated source. ACSM came through, as always. They bring up some really good points and things to consider when you're working together with someone to train him or her. And, it has updated information, according to what's been brought forth to the health and fitness world via studies, that they back. For instance, there's a part in the book about stretching. When I was first going to school and then when I got out, you always would have your trainees stretch after they had warmed up. This book brings to light some new information about stretching and its benefits (and there are other topics that they bring up in the book, like this). Very interesting, up-to-date, and I know I'm always getting the best information on training and fitness when it comes to buying something from ACSM. Highly recommended!

This book is a great resource that provides a lot of detailed information and the knowledge/skills to be an ACSM CPT. The following study guide also really helped me when studying for my exam. It has the information required for the performance domains & the practice questions were similar to the actual test questions! I also liked the reference pages that list the formulas and conversions that were needed. It's well worth the money for under \$10 price tag. ACSM Certified Personal Trainer Exam Prep: A simple study guide that highlights the knowledge & skills required to pass the ACSM CPT Exam to become a certified personal trainer.

Book was exactly what was needed for the test and price better than from the ACSM site

This is the foundation study tool for anyone who is working on getting their ACSM CPT certification. I'd recommend anyone who is interested in getting this certification to get this book first.

Great resource manual to review every thing learned in class to pass certification exams. Great complement to guidelines ninth edition. Study at own pace.

I got ripped off. Hardcover is about the same price. I could have bought the book new with access to the book online anytime as well as the access code for thePoint. Now I am stuck without a real book in front of me (Windows 8 will not zoom into detailed charts) and no access to supplemental online content. I would value this Kindle version at almost half the new hard cover version.

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