



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

Published by the American College of Sports Medicine, this Third Edition continues to recognize the Personal Trainer as a professional in the continuum of creating healthy lifestyles. **ACSM's Resources for the Personal Trainer** provides the tools and scientific evidence needed to create safe and effective exercise programs. It also acts as the official preparation book for the ACSM Personal Trainer certification exam.

Providing essential information for both beginning and experienced Personal Trainers, this text provides an introduction to the profession along with coverage of exercise physiology, biomechanics, anatomy, motor learning, and nutrition. The Personal Trainer will learn how to establish goals for clients and how to assess strength, flexibility, and risk as well as develop resistance, cardiorespiratory, and flexibility training programs.

This edition features a new section dedicated exclusively to Behavior Modification and new and updated color photographs. Important concepts are now highlighted for easy review and reference.

A companion website offers student and faculty resources including fully searchable online text, an Image Bank, PowerPoint slides, a Test Generator, and Lesson Plans.

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