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ACSM's Resources for the Exercise Physiologist

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ACSM is dedicated to supporting its certified exercise professionals with resources that can be utilized during the COVID-19 pandemic, including resources to enable you to support your clients in a virtual/online environment. Please check this page often as we will continue to add resources.

ACSM Resources for the Exercise Physiologist

ACSM's Resources for the Exercise Physiologist, 2nd Edition Gain a clear understanding of exercise, physical activity, and pre-exercise screening with this new edition. Coverage of assessment and programming for both healthy and special populations and extensive content about behavior change allows you to provide program options for varying types of clients.

Exercise Physiologist | American College of Sports ...

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ACSM's Resources for the Exercise Physiologist Chapters 1-3 study guide by kristy_hiatt includes 121 questions covering vocabulary, terms and more. Quizlet flashcards, activities and games help you improve your grades.

ACSM Exercise Professional Resources

ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise. You'll learn how to take advantage of group dynamics to improve health and well-being. You'll also discover how to work with clients with special needs, so that everyone can safely benefit from group exercise.

(PDF) ACSM Guidelines for Exercise Testing and ...

Now fully aligned with the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription, this second edition is reflective of the most current standards in the field. These updates include moving to the new pre-participation guidelines, which represent an important and significant change in the prescription of an exercise program.

Resources - Exercise is Medicine

ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise. You'll learn how to take advantage of group dynamics to improve health and well-being. You'll also discover how to work with clients with special needs, so that everyone can safely benefit from group exercise.

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