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

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

- A detailed overview of the ACSM RCEP Exam
- An analysis of clinical assessment
- A breakdown of exercise testing
- An examination of exercise prescription
- A review of exercise training
- A guide to education and behavior change
- An in-depth look at program administration
- A full study for 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 Clinical Assessment section covers:**

- Pre-screening process
- Exercise capacity
- Atherosclerosis
- Electrocardiogram

The Exercise Testing section covers:

- Typical exercise programs
- Cardiorespiratory exercise program
- Blood pressure

The Exercise Prescription section covers:

- Stages of progression
- Strategies for teaching movement
- Training program set-up
- Resistance training
- Motivation

The Exercise Training section covers:

- Muscular fitness
- Resistance-type exercise program
- Traumatic brain injury
- HIV
- Chronic fatigue syndrome

The Education and Behavior Change section covers:

- Transtheoretical model of change
- Exercise participation
- Lifestyle management
- Nutrition

The Program Administration section covers:

- Communication with clients
- Feedback
- Emergency equipment and drugs

The Legal and Professional Considerations section covers:

- Medical clearance requirements
- Basic first-aid procedures
- Management and first-aid during exercise
- FERPA and HIPAA laws

These sections are full of specific and detailed information that will be key to passing the ACSM RCEP 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 RCEP Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear. We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our ***ACSM RCEP Exam Secrets Study Guide*** is no exception. It's an excellent investment in your future.

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