



ACSM'S GET CERTIFIED GUIDE

Leading The Way.



**ONE CERTIFICATION
HAS ACHIEVEMENT
WRITTEN ALL OVER IT.**

WHAT ARE MY OPTIONS?

This guide will help you make decisions.



Get the BEST discount on ACSM certification exams and get tools to help you advance in your career by becoming a member.

HELPING YOU MAKE THE

As you seek the professional credentials that will best help your career, I hope you'll consider what has been considered the "gold standard" since 1975: certification through the American College of Sports Medicine. ACSM continues to define the standards and guidelines for the health and fitness industry—including two new certifications:

ACSM Certified Group Exercise InstructorSM (GEI)

ACSM/NSPAPP Physical Activity in Public Health SpecialistSM (PAPHS)

These new credentials, together with ACSM's array of fitness and clinical certifications, represent the very best in professional preparation. Employers ranging from health clubs to clinical settings recognize this and prefer professionals with ACSM certification, making it your best route to a fulfilling career.

ACSM certification shows you uphold the highest standards in your field—standards set by the organization that defined professional practice and continues to lead and advocate for the profession.

Sincerely,



Richard Cotton, MA, ACSM-PD, CES
National Director of Certification

WHY SHOULD I BECOME ACSM CERTIFIED?	2	SHOULD I ATTEND A WORKSHOP?	10
WHAT CERTIFICATION DO I CHOOSE?	6	ACSM POLICIES	13
FIVE STEPS FOR EXAM PREPARATION	8	STAYING CERTIFIED	16

FITNESS

If you are a fitness professional working in a health club or other community-based setting, ACSM offers certifications to work with healthy individuals or those with controlled diseases.

PAGE 3

CLINICAL

If you are a clinical professional who works with clients with chronic conditions for whom physical activity and exercise is a therapeutic or functional benefit, ACSM offers certifications to provide exercise management, testing and training for clients primarily in rehabilitative settings.

PAGE 4

SPECIALTY

If you are working with a special population individual or group, then consider adding an ACSM specialty certification.

PAGE 5

RIGHT CHOICES.

A MESSAGE FOR CANDIDATES

Congratulations on taking steps to build your professional future. Pursuing ACSM certification shows your commitment to high standards and to gaining the knowledge, skills and abilities that will enhance the value you bring to your clients.

Your commitment mirrors that of ACSM itself. We're dedicated to advancing the health and fitness profession, from definitive research of exercise science to clinical medical practice and the training and credentialing of certified professionals. Whether you pursue health fitness certification, clinical certification or one of our specialty certifications, you're joining the team that defines professionalism and continually advances the field.



Thank you for considering what ACSM Certification can mean to your career. On behalf of more than 35,000 international, national, and regional members and certified professionals, I welcome you to the team.

James M. Pivarnik

James Pivarnik, Ph.D., FACSM,
ACSM President 2009-2010



Call us today for more information

1.800.486.5643

WHY SHOULD I BECOME ACSM CERTIFIED?

It is a great career move.



*ACSM Certification means you will be uniquely qualified to work with a variety of people, including those with health risks. Select from any of our health fitness certifications or clinical certifications. You can choose the one that suits you best. And don't miss our specialty certifications.**

ENHANCE YOUR CAREER POTENTIAL

- Have the confidence of knowing you are certified by the organization that sets the standards in the health and fitness industry.
- Employers prefer ACSM certification because it ensures a high standard of knowledge and service to clients and members.

AND YOU WILL ENJOY THESE BENEFITS AS AN ACSM CERTIFIED PROFESSIONAL

VALUABLE MARKETING SUPPORT & CAREER OPPORTUNITIES

- Exclusive opportunity to feature the ACSM Certified logo mark on your business cards, letterhead, brochures, web sites and other marketing materials to enhance your credibility to potential employers and clients.
- Receive a free listing in the ACSM ProFinder™ which provides you with free marketing exposure to potential employers and the public worldwide.
- Opportunity to have a "Spread the Word" letter explaining the value of your certification achievement sent directly to your employer.
- Experience additional career and income opportunities with the option to serve as an ACSM workshop director or lecturer.

ACCESS TO THE LATEST HEALTH & FITNESS RESEARCH AND TECHNIQUES

- Be among the first to receive access to ACSM's research so you can be on the leading edge when it comes to applying new concepts and techniques in your workplace and with your clients.
- Receive a free subscription to *ACSM's Certified News*, our quarterly newsletter written exclusively for ACSM certified professionals. Each issue is jam-packed with the latest health and fitness news, articles, and an opportunity to earn 4 Continuing Education Credits (CECs).

VALUABLE DISCOUNTS

You will receive valuable discounts on ACSM workshops and continuing education including:

- Discounts on registration to the annual ACSM Health & Fitness Summit & Exposition and ACSM Annual Meeting for ACSM certified professionals who are also ACSM members
- Discounts on select ACSM Workshops

INFLUENCE AND INVOLVEMENT

- Receive voting rights in "Committee on Certification and Registry Board" elections, the body responsible for ACSM certification governance and exam testing procedures.

*Currently, four of seven ACSM certifications have earned the NCCA accreditation:

- ACSM Certified Personal TrainerSM
- ACSM Certified Health Fitness SpecialistSM
- ACSM Certified Clinical Exercise SpecialistSM
- ACSM Registered Clinical Exercise Physiologist[®]

NCCA accreditation applications for the four more recently developed certifications will be submitted as they become eligible:

- ACSM Certified Group Exercise InstructorSM
- ACSM/ACS Cancer Exercise TrainerSM
- ACSM/NCPAD Inclusive Fitness TrainerSM
- ACSM/NSPAPPH Physical Activity in Public Health SpecialistSM

ACSM CERTIFIED GROUP EXERCISE INSTRUCTOR	ACSM CERTIFIED PERSONAL TRAINER SM	ACSM CERTIFIED HEALTH FITNESS SPECIALIST	CANDIDATE PROFILE
College students, professionals new to the field, individuals with or without a health-related degree	College students, professionals new to the field, individuals with or without a health-related degree	College graduates with exercise science-based degrees, experienced health and fitness professionals	
Health club, university, corporate or community/public health settings	Health club, university, corporate or community/public health settings	Health club, university, corporate or community/public health or hospital/clinical settings	WORK SETTING
<ul style="list-style-type: none"> Develop and implement various forms of exercise in a group setting Modifies exercises based on individual and group needs Creates a positive exercise environment 	<ul style="list-style-type: none"> Works with healthy individuals or those with medical clearance to exercise Performs basic fitness assessments and field tests Makes appropriate exercise recommendations 	<ul style="list-style-type: none"> Conducts risk factor stratification Works with special populations (elderly, obese, etc.) Works with individuals with controlled disease Performs exercise testing and develops comprehensive exercise prescriptions Conducts program administration 	PRIMARY RESPONSIBILITIES
<ul style="list-style-type: none"> High school diploma or equivalent Current Adult CPR (with practical skills component) 18 years of age or older 	<ul style="list-style-type: none"> High school diploma or equivalent Current Adult CPR (with practical skills component) 18 years of age or older 	<ul style="list-style-type: none"> Associate's degree* Eligible to sit for exam if in last semester of degree program Current Adult CPR (with practical skills component) 	ELIGIBILITY
Duration: 2.5 hours # of Questions: 150 [†]	Duration: 2.5 hours # of Questions: 150 [†]	Duration: 3.5 hours # of Questions: 150 [†]	<div> <div>Combo Exam & Workshop</div> <div>\$499 Non-ACSM Members</div> <div>\$439 ACSM Members</div> <div>Register through Pearson VUE. Exam vouchers are distributed at workshop site.</div> </div>
\$219 ACSM Members \$279 other candidates \$150 re-test	\$219 ACSM Members \$279 other candidates \$150 re-test	\$219 ACSM Members \$279 other candidates \$150 re-test	
	1-day \$129 (for experienced professionals) 3-day \$375 (comprehensive review of core content)	2-day \$250	EXAM SPECS
			EXAM COSTS
			WORKSHOP DETAILS
		6 session series \$240 Single sessions \$45	WEBINAR DETAILS
Visit www.acsm.org/GEI for complete listing	<ul style="list-style-type: none"> ACSM's Resources for the Personal Trainer ACSM's Guidelines for Exercise Testing and Prescription ACSM's Certification Review ACSM Learning Portal 	<ul style="list-style-type: none"> ACSM's Guidelines for Exercise Testing and Prescription ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription ACSM's Certification Review ACSM Learning Portal 	RECOMMENDED STUDY MATERIALS
Accumulate 45 CECs within a 3-year period and pay a \$30 recertification fee	Accumulate 45 CECs within a 3-year period and pay a \$30 recertification fee	Accumulate 60 CECs within a 3-year period and pay a \$45 recertification fee	CECs
	72% first-time candidates	60% first-time candidates	2008 PASS RATES

[†] INCLUDES TRIAL QUESTIONS

* ELIGIBILITY FOR THE HEALTH FITNESS SPECIALIST WILL CHANGE JULY 1, 2011 TO REQUIRE AN EXERCISE-BASED BACHELOR'S DEGREE.

"I Feel Empowered"

"Passing my ACSM exam gives me the confidence, resources and knowledge I need to succeed in the field of fitness. I feel empowered and I know that wherever I decide to go I will be respected because of the respect that American College of Sports Medicine has. I'm honored to be a part of such an organization."

Pam Peschke

**ACSM CERTIFIED
CLINICAL EXERCISE
SPECIALIST****ACSM REGISTERED
CLINICAL EXERCISE
PHYSIOLOGIST®****CANDIDATE
PROFILE**

Exercise Physiologists, Nurses, Physician Assistants, Physical or Occupational Therapists, or other Allied Health Professionals*

Graduates with Master's degrees in Exercise Science, Exercise Physiology, or Kinesiology; Clinical Exercise Physiologists

WORK SETTING

University, corporate, health club, clinical, rehabilitative, hospital, physician's offices or research-based clinical settings

In-patient or out-patient clinical, rehabilitative, hospital, physician's offices, or research-based clinical settings

**SCOPE OF
PRACTICE
(ABRIDGED)**

- Works with individuals with controlled cardiovascular, pulmonary and/or metabolic disease
- Performs clinical exercise testing and data interpretation
- Conducts and interprets ECGs at rest and during exercise

- Works with individuals with cardiovascular, pulmonary, metabolic, orthopedic/musculoskeletal, neuromuscular and/or neoplastic/immunological/hematological disease
- Performs clinical exercise testing and data interpretation
- Develops complex exercise prescriptions and performs exercise counseling
- Works with individuals referred by, or are currently under the care of, a physician

ELIGIBILITY

- Bachelor's degree in an allied health field*
- 600 hours of practical experience in a clinical exercise program*
- Current Basic Life Support or CPR for the Professional Rescuer certification

- Master's degree in Exercise Science, Exercise Physiology or Kinesiology
- 600 hours of practical experience in a clinical exercise program
- Current Basic Life Support or CPR for the Professional Rescuer certification

EXAM SPECS

Duration: 3.5 hours
of Questions: 135[†]

Duration: 3 hours
of Questions: 150[†]

EXAM COSTS

\$239 ACSM Members
\$299 other candidates
\$155.50 re-test

Combo Exam & Workshop

\$519 Non-ACSM Members
\$459 ACSM Members

Register through Pearson VUE.
Exam vouchers are distributed at workshop site.

\$239 ACSM Members
\$299 other candidates
\$155.50 re-test

*ACSM Certified Clinical
Exercise Specialists
Save \$30 on RCEP Exam!*

*Save \$25 When You Register
for Workshop with Your Exam
Application.*

**WORKSHOP
DETAILS**

2-day \$250

2-day \$250

**WEBINAR
DETAILS**

6 session series \$240
Single sessions \$45

**RECOMMENDED
STUDY
MATERIALS**

- *ACSM's Guidelines for Exercise Testing and Prescription*
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*
- *ACSM's Certification Review*
- ACSM Learning Portal

- *ACSM's Guidelines for Exercise Testing and Prescription*
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*
- *ACSM's Resources for Clinical Exercise Physiology*
- ACSM Learning Portal

2008 PASS RATES

54% first-time candidates

80% first-time candidates

CECs

Accumulate 60 CECs within a 3-year period and pay a \$45 recertification fee

Accumulate 60 CECs within a 3-year period and pay a \$45 recertification fee

[†] INCLUDES TRIAL QUESTIONS

* ELIGIBILITY FOR THE CLINICAL EXERCISE SPECIALIST WILL CHANGE JANUARY 1, 2011 TO REQUIRE AN EXERCISE SCIENCE-BASED BACHELOR'S DEGREE.

* 500 HOURS PRACTICAL EXPERIENCE IN A CLINICAL EXERCISE PROGRAM OR 400 HOURS PRACTICAL EXPERIENCE FOR STUDENTS GRADUATING FROM COAES ACCREDITED PROGRAMS.

**ACSM/NCPAD
CERTIFIED
INCLUSIVE
FITNESS
TRAINER**


College students, professionals in the fitness field, individuals in a community or fitness setting with or without a degree

**ACSM/ACS
CERTIFIED
CANCER
EXERCISE
TRAINER**


College graduates with and without health-related degrees, experienced fitness professionals working with older adults or individuals with chronic conditions cleared for independent physical activity.

**ACSM/NSPAPPH
PHYSICAL ACTIVITY
IN PUBLIC HEALTH
SPECIALIST**


Graduates with and without health-related degrees, experienced professionals working with in a public health setting

**CANDIDATE
PROFILE**

Community/public health settings, (e.g., YMCA, parks & recreation, after school programs) health clubs, corporate fitness centers, university recreation centers

Commercial health clubs, community/public health settings, hospital/rehabilitative, research-based university/clinical, corporate fitness centers, private settings

Community/public health setting, (e.g., YMCA, parks & recreation, after school programs), federal, state, or local government, non-profit organization, commercial health clubs, corporate fitness centers

WORK SETTING

- Works with people with a physical, sensory or cognitive disability who are healthy or have medical clearance to exercise and were referred or currently under the care of a physician or healthcare professional
- Leads and demonstrates safe, effective and adapted methods of exercise
- Understands precautions and contraindications to exercise for people with disabilities and is aware of current ADA policy for recreation facilities and standards for accessible facility design

- Utilizes a basic understanding of cancer diagnoses, surgeries, treatments, symptoms and side effects to assess, develop exercise programs and train clients who are in any of the various stages of cancer diagnosis and/or treatment
- Performs appropriate fitness assessments and makes exercise recommendations for clients who have been cleared by their physician for independent physical activity

- Promotes physical activity practice in public health at the national, state and/or local level
- Engages and educates key decision makers about the impact of, and/or need for, legislation, policies and programs that promote physical activity
- Provides leadership and develops partnerships with private and public associations to catalyze promotion of physical activity

**SCOPE OF
PRACTICE
(ABRIDGED)**

- Current ACSM Certification or current NCCA-accredited, health/fitness-related certifications (e.g., ACE, NCSF, NASM, NFPT, NSCA, Cooper Institute) and
- Current Adult CPR (with practical skills component) & AED

- Current ACSM Certification or current NCCA-accredited, health/fitness-related certifications (e.g., ACE, NCSF, NASM, NFPT, NSCA, Cooper Institute) and
- Current Adult CPR (with practical skills component) & AED
- Bachelor's degree (in any field) and 500 hours of experience training older adults or individuals with chronic conditions OR 10,000 hours of experience training older adults or individuals with chronic conditions
- Visit www.acsm.org/CET for description of experience

- A Bachelor's Degree in a health related field from a regionally accredited college or university, OR
- A Bachelor's degree in any subject and 1,200 hours of experience in settings promoting physical activity, healthy lifestyle management or other health promotion
- Visit www.acsm.org/PAPHS for a list of health-related degrees and work settings

ELIGIBILITY

Duration: 2.5 hours
of questions: 125[†]

Duration: 3.0 hours
of questions: 135[†]

Duration: 2.5 hours
of questions: 105[†]

EXAM SPECS

\$195 non-ACSM Certified Professionals
\$150 ACSM Certified Professionals
Re-test \$125

\$195 non-ACSM Certified Professionals
\$150 ACSM Certified Professionals
Re-test \$125

\$195 non-ACSM Certified Professionals
\$150 ACSM Certified Professionals
Re-test \$125

EXAM COSTS

6 session series \$240
Single sessions \$45

6 session series \$240
Single sessions \$45

Coming Soon!

**WEBINAR
DETAILS**

Visit www.acsm.org/cift for complete listing

Visit www.acsm.org/cet for complete listing

Visit www.acsm.org/paphs for complete listing

**RECOMMENDED
STUDY
MATERIALS**

Accumulate 15 CECs within a 3-year period, maintain NCCA-accredited certification, and pay \$25 fee

Accumulate 15 CECs within a 3-year period, maintain NCCA-accredited certification, and pay \$25 fee

Accumulate 45 CECs within a 3-year period, and pay \$45 recertification fee

CECs

[†] INCLUDES TRIAL QUESTIONS

WHAT CERTIFICATION DO I CHOOSE?

What's your career path?



*Select the certification that you are **MOST** qualified for and match it with the work you are currently doing or want to do in your career; you will be positioning yourself to do great things in the future. Pick the certification that best suits your career goals and go for it!*

FITNESS CERTIFICATIONS

The **ACSM Certified Group Exercise InstructorSM (GEI)** is a fitness professional who leads and instructs exercise in a group setting using a variety of teaching and motivational techniques to create a positive exercise experience.

The ACSM Certified Group Exercise InstructorSM is certified to:

- Demonstrate effective methods of group exercise by applying basic principles of exercise science
- Instruct and motivate individuals to exercise safely and appropriately
- Communicate healthy lifestyle behaviors

The **ACSM Certified Personal TrainerSM (CPT)** is a fitness professional who develops and implements an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise.

The ACSM Certified Personal TrainerSM is proficient in:

- Leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science
- Writing appropriate exercise recommendations
- Motivating individuals to begin and to continue with their healthy behaviors

The **ACSM Certified Health Fitness SpecialistSM (HFS)** is a degreed health and fitness professional qualified to pursue a career in university, corporate, commercial, hospital, and community settings.

The ACSM Certified Health Fitness SpecialistSM is skilled in:

- Conducting risk stratification
- Conducting physical fitness assessments and interpreting results
- Constructing appropriate exercise prescriptions for healthy adults and individuals with controlled conditions released for independent physical activity
- Motivating apparently healthy individuals with medically controlled diseases to adopt and maintain healthy lifestyle behaviors
- Motivating individuals to begin and continue with their healthy behaviors

CLINICAL CERTIFICATIONS

The **ACSM Certified Clinical Exercise SpecialistSM (CES)** is a healthcare professional with a Bachelor's degree who typically works in cardiovascular/pulmonary rehabilitation programs, physicians' offices or medical fitness centers. The ACSM Certified Clinical Exercise SpecialistSM also may provide exercise-related consulting for research, public health, and other clinical and non-clinical services and programs.

The ACSM Certified Clinical Exercise SpecialistSM is proficient in:

- Exercise assessment (including cardiac stress testing) and training
- Cardiac and Pulmonary Rehabilitation
- Risk factor identification
- Lifestyle management services

The **ACSM Registered Clinical Exercise Physiologist[®] (RCEP)** works individually, or as part of an interdisciplinary team in clinical, community and public health settings, and their practice is guided by published professional guidelines, standards and applicable state and federal regulations.

The ACSM Registered Clinical Exercise Physiologist[®] is skilled in:

- Exercise testing and prescription in a clinical setting
- Exercise and physical activity counseling for patients with co-morbid (multiple) conditions
- Exercise supervision
- Exercise and health education/promotion
- Evaluation of exercise and physical activity outcome measures

SPECIALTY CERTIFICATION

The **ACSM/NCPAD Certified Inclusive Fitness TrainerSM (CIFT)** is a fitness professional who assesses, develops and implements an individualized exercise program for persons with a physical, sensory or cognitive disability, who are healthy or have medical clearance to perform independent physical activity.

The ACSM/NCPAD Certified Inclusive Fitness TrainerSM is skilled in:

- Leading and demonstrating safe, effective and adapted methods of exercise
- Writing adapted exercise recommendations, understanding precautions and contraindications to exercise for people with disabilities
- Is aware of current ADA policy specific to recreation facilities (U.S. Access Board Guidelines) and

standards for accessible facility design

- Can utilize motivational techniques and provide appropriate instruction to individuals with disabilities to begin and continue healthy lifestyles

The **ACSM/ACS Certified Cancer Exercise TrainerSM (CET)** utilizes a basic understanding of cancer diagnoses, surgeries, treatments, symptoms and side effects to assess, develop exercise programs and train clients who are in any of the various stages of cancer diagnosis and/or treatment and have been cleared by their physician for independent physical activity.

The ACSM/ACS Certified Cancer Exercise TrainerSM is skilled in:

- Performing cancer exercise specific fitness assessments
- Making appropriate exercise recommendations based on various cancer-related stages
- Demonstrating a basic understanding of cancer diagnoses, surgeries, treatments, symptoms and side effects

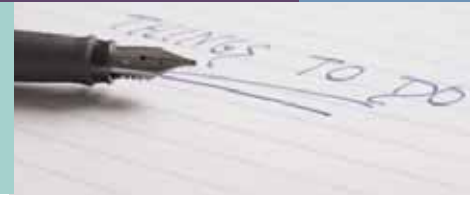
The **ACSM/NSPAPPH Physical Activity in Public Health SpecialistSM (PAPHS)** is a professional who promotes physical activity in public health at the national, state and/or local level. The PAPHS engages and educates key decision makers about the impact of, and need for, legislation, policies and programs that promote physical activity. Additionally, the PAPHS provides leadership and develops partnerships with private and public associations to catalyze the promotion of population-based physical activity.

The ACSM/NSPAPPH Physical Activity in Public Health SpecialistSM is skilled in the following:

- Promoting physical activity practice in public health at the national, state and/or local level
- Engaging and educating key decision makers about the impact of, and/or need for, legislation, policies and programs that promote physical activity
- Providing leadership and developing partnerships with affiliates, private and public associations and industry to catalyze promotion of physical activity

FIVE STEPS FOR EXAM PREPARATION

You'll want to plan for success.



You can view our live tutorial at www.acsm.org/examtutorial. It will walk you through the testing experience. You'll view how videos and photos are used on the exam as well as see practice questions.

1 PICK A DATE THAT ALLOWS YOU PLENTY OF TIME TO PREPARE

We recommend 3 to 6 months in advance, however, all candidates vary in their level of current education and study habits. Ultimately it doesn't matter how many months you spend but rather the total hours you study.

2 PURCHASE RECOMMENDED STUDY MATERIALS (SEE PAGE 9)

Although not required, we strongly encourage all candidates to use our textbooks to prepare. Visit www.acsm.org/studymaterials to make sure you are studying the correct edition.

3 REVIEW THE KNOWLEDGE, SKILLS AND ABILITIES (KSAs)

Found in any ACSM recommended textbook, each exam item is written about a KSA. **Review the exam blueprint** (page 14). Recognize the percent of exam questions for each section. Compare the KSAs for that section and determine which section(s) will need more review time. Find the corresponding chapter in the textbooks that match the KSAs you need to study. The index is helpful for locating specific topics you need to review.

4 SCHEDULE OR APPLY FOR YOUR EXAM AT WWW.PEARSONVUE.COM/ACSM

By the time you schedule your exam, you have a general idea of how much time you still need to study. Don't worry if you need to reschedule, you can do so up to 24 hours in advance at no charge. If you are an RCEP candidate, you will need to apply (www.acsm.org/rcepapp) and be approved before scheduling your exam.

5 PARTICIPATE IN INTERACTIVE STUDY METHODS (SEE PAGES 10 TO 13)

Sign-up for an in-person workshop, participate in a live webinar (www.acsm.org/register), or take a course or practice test on the ACSM Learning Portal (www.acsmlearning.org).

WHAT ELSE SHOULD I KNOW?

BECOME A MEMBER AND SAVE!

The BEST discount you can get on the exam is to become an ACSM member. When you become a member you'll also be immediately eligible for all the other exclusive and cost saving benefits of ACSM membership. Visit www.acsm.org/join for information and membership benefits.

AVOID STRESS ON EXAM DAY

All ACSM exam candidates should read the free online candidate handbook to avoid any surprises on test day (www.acsm.org/candidatehandbook). You don't need the extra stress on exam day; the handbook includes everything you need to know about taking an ACSM exam.



RECOMMENDED STUDY MATERIALS

	GEI*	CPT	HFS	CES	RCEP
ACSM's Certification Review, 3rd ed.; \$39.95		✓	✓	✓	
ACSM's Guidelines for Exercise Testing and Prescription, 8th ed.; \$37.95	✓	✓	✓	✓	✓
ACSM Online Learning Portal; www.acsmlearning.org		✓	✓	✓	✓
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 6th ed.; \$61.95			✓	✓	✓
ACSM's Resources for Clinical Exercise Physiology, 2nd ed.; \$64.95					✓
ACSM's Resources for the Personal Trainer, 3rd ed.; \$64.95		✓			

OPTIONAL STUDY MATERIALS

ACSM's Advanced Exercise Physiology; \$106.95				✓	✓
ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 2ed; Human Kinetics (www.humankinetics.com)			✓	✓	✓
ACSM's Health-Related Physical Fitness Assessment Manual, 3rd ed ; \$44.95		✓	✓		
ACSM's Metabolic Calculations: A Handbook; \$29.95			✓	✓	
ACSM's Metabolic Calculations Tutorial CD-ROM, version 1.0.a; \$43.95			✓	✓	

*VISIT WWW.ACSM.ORG/GEI FOR A COMPLETE LISTING OF RECOMMENDED STUDY MATERIALS

Prices are in US dollars and are subject to change at any time.

Order study materials by calling 1.800.486.5643 or online at www.acsm.org/studymaterials.

SHOULD I ATTEND A WORKSHOP?

Workshops are a great first step.



Offered around the world, ACSM workshops are offered in several languages including simplified Chinese, English, Japanese, German, and Spanish.

ATTEND A WORKSHOP! AVAILABLE WORLDWIDE

CERTIFIED PERSONAL TRAINER

Offered exclusively by ACSM's partner Fitness Education Network.

(3-Day Course: \$375) Ideal for those who would like a comprehensive review of the knowledge, skills and abilities (KSAs). If you prefer alternative or additional methods to self-study, this workshop is a great choice. Material is presented in a classroom setting and also has a hands-on component to help you learn fundamental fitness assessments.

(1-Day Course: \$129) Designed for currently and previously certified personal trainers who feel confident in their basic knowledge of exercise physiology, anatomy and kinesiology. This workshop will update you on ACSM and other pertinent industry guidelines as well as provide you with the opportunity to identify Knowledge, Skills and Abilities (KSAs) required for the exam.

ACSM CERTIFIED HEALTH FITNESS SPECIALISTSM

(2-Day Course: \$250) A blend of classroom lecture and hands-on practicum designed to help you prepare for the certification exam. The workshop includes a high level review of exercise physiology, risk stratification, exercise programming, fitness assessments and techniques, a review of the Knowledge, Skills and Abilities (KSAs) and a forum to learn new knowledge and skills.

ACSM CERTIFIED CLINICAL EXERCISE SPECIALISTSM

(2-Day Course: \$250) A blend of classroom lecture and hands-on practicum designed to help you prepare for the certification exam. The workshop includes a high-level review of exercise physiology, exercise prescription and cardiovascular, pulmonary and metabolic diseases. Case studies and practical sessions include ECG interpretation, stress testing protocols and exercise programming.

ACSM REGISTERED CLINICAL EXERCISE PHYSIOLOGISTSM (2-Day Course: \$250)

This lecture-only workshop has an intense focus on practice areas including neuromuscular, orthopedic and neoplastic/immunologic/hematologic where most clinical exercise physiologists have less experience. Additionally, a high level overview of the more common practice areas of cardiovascular, pulmonary and metabolic diseases are also included.

To find a workshop site and register please visit www.acsm.org/register.

For workshop agendas please visit www.acsm.org/workshops.

For our accommodations and transfer/cancellation policy please see page 13.

PREPARE FROM THE CONVENIENCE OF YOUR HOME WITH ACSM WEBINARS!

You can learn from an ACSM expert from the convenience of your own home. Our webinars are live, and question and answer periods with the expert are provided. Audio recordings are sent to you following each webinar and are available for six months. You may take one, two or all six of the webinars available to help you prepare for your ACSM Certification exam.

To find course dates and times visit www.acsm.org/register.

EXPERIENCE INTERACTIVE EXAM PREP WITH THE ACSM LEARNING PORTAL!

You can visit the ACSM Learning Portal at www.acsmlearning.org for additional exam preparation assistance. In the learning portal you will find diagnostic assessments, practice exams and interactive, on-demand courses.

The FREE diagnostic assessments include 15 exam-specific questions. You will get your test results which you can print to assist you with further exam preparation.

Practice exams follow the same exam blueprint as the actual ACSM certification exam. These exams include questions that specifically address a certification's KSAs (Knowledge, Skills and Abilities), and are similar to questions that appear on the actual certification exam. Test results and explanations for each question are provided.

Interactive courses for new fitness professionals are available to help you learn or enhance knowledge of specific content areas.



"I Would Encourage Others to Have High Aspirations and Go For The Gold with ACSM"

"I am very excited to have achieved my ACSM Personal Trainer certification, a gold standard in this profession. Obtaining the ACSM certification has been a goal of mine for sometime. I believe it will give me further credibility and marketability in my community. Through the preparation workshop and studying of the ACSM materials, I feel more knowledgeable which enables me to be more helpful to my current and future clients. I would encourage others to have high aspirations and go for the gold with ACSM. Have a regular plan to study not only to obtain the ACSM certification, but to become more knowledgeable in the field of personal training."

Lisa Soloway

Fitness in Motion, LLC

**YOU CAN PREPARE FOR AN ACSM
EXAM ON YOUR OWN, WITH
SELF-STUDY OPTIONS OR...**

Workshops



ACSM experts prepare you for one of the most respected exams in the industry. The interactive and hands-on workshop environment is the best method for exam preparation.

Webinars



Join other professionals from all over the world in this online ACSM learning experience. It's live and the most convenient way to prepare for ACSM exams.

**FOR A COMPLETE LIST OF
WORKSHOP OR WEBINAR
DATES, TIMES AND/OR LOCATIONS
VISIT WWW.ACSM.ORG/REGISTER**

WORKSHOP INFORMATION

HOUSING AND TRANSPORTATION

Information regarding housing and local transportation will be provided by the individual workshop sites. We strongly recommend registrants refrain from making any travel or hotel reservations until the workshop has been confirmed. ACSM is not responsible for travel or hotel expenses. Information will be mailed by the workshop host site prior to the event.

SITE CANCELLATION POLICY

Workshop sites may be cancelled up to 7 days prior to the beginning of the scheduled workshop session for any reason. When a workshop is cancelled, candidates will be notified by e-mail immediately and will receive a complete refund of all workshop fees. Transfer and cancellation policies would apply to the new site location. Refunds for credit card transactions processed online will be refunded back to the credit card within 2 weeks after the cancellation. If workshop registration was not completed online you will be refunded by check within 4 - 6 weeks after the cancellation.

If, for any reason, sites cancel a workshop or if the site is full, ACSM is not responsible for expenses incurred beyond the enrollment fees.

TRANSFER/CANCEL POLICY

Requests for a workshop transfer to a different site or enrollment cancellation must be sent via fax or email (fax: 317.634.7817; email: certification@acsm.org) to the ACSM National Center. All requests must be received prior to the start date of the workshop.

- Transfer or cancellation requests emailed or faxed on or before the listed site workshop enrollment deadline will be charged a \$75 processing fee.
- Transfer or cancellation requests emailed or faxed after the listed site enrollment deadline are charged 50% (minimum \$75) of the original workshop fee.
- Transfer or cancellation requests emailed or faxed on the first day of the workshop will not be honored, and no money will be refunded.

NOTE: All transfer requests are contingent upon the enrollment limitations of the transfer site. The ACSM National Center must receive the additional fee before the candidate can be registered at the transfer site.

“This Certification Has Allowed Me To Earn More Money”

“I had a great experience with the ACSM personal training certification process. The suggested study material was very helpful. This certification has allowed me not only to earn more money, but also to help a larger demographic of clients in this industry. I joined this field because I love to see people change their bodies and their lives, and I feel that this certification will allow me to put my skills to good use. Thank you!”

Barb Twamley



EXAM INFORMATION

STANDARDIZED SCORING & AUDIT PROCESS

You will receive your score immediately following the exam. The passing score is set in advance and is 550 on a scale of 200 to 800, similar to other standardized exams.

When you pass the exam, you may be one of the 15% of all test-takers who are randomly chosen to be

audited. If you are contacted by us to be audited you will need to provide verification of your eligibility requirements. RCEP candidates are exempt from audits since they are pre-approved.

More information on standardized scoring and our exam audit can be found on our website at www.acsm.org/exam.

EXAM BLUEPRINT

All candidates should review the free online candidate handbook available at www.acsm.org/candidatehandbook prior to taking an exam.

Competency Areas	GEI	CPT	HFS	CES	RCEP [†]	CIFT	CET	PAPHS
Exercise Physiology and Related Exercise Science	—	24%	23%	10%	19%	18%	10%	—
Exercise Prescription and Programming	—	28%	31%	19%	21%	20%	22%	—
Human Behavior	—	4%	4%	5%	5%	10%	8%	—
Health Appraisal and Fitness Exercise Testing	—	13%	12%	26%	25%	15%	15%	—
Safety, Injury Prevention and Emergency Procedures	—	8%	7%	5%	4%	11%	9%	—
Nutrition and Weight Management	—	9%	8%	2%	—	—	7%	—
Patient Management and Medications	—	—	—	2%	—	—	—	—
Program Administration, Quality Assurance, and Outcome Assessment	—	4%	8%	2%	4%	—	5%	—
Clinical and Medical Considerations (CPT only)	—	10%	—	—	—	11%	12%	—
Pathophysiology and Risk Factors	—	—	5%	10%	9%	—	—	—
Electrocardiography and Diagnostic Techniques	—	—	1%	17%	—	—	—	—
Medical and Surgical Management	—	—	1%	2%	13%	—	—	—
Physiology: Diagnosis and Treatment	—	—	—	—	—	—	12%	—
Disability Awareness	—	—	—	—	—	10%	—	—
Americans with Disability Act (ADA) and Facility Design	—	—	—	—	—	5%	—	—
Planning and Evaluating Intervention	—	—	—	—	—	—	—	23%
Data and Scientific Information	—	—	—	—	—	—	—	20%
Exercise Science in Public Health Setting	—	—	—	—	—	—	—	18%
Partnerships	—	—	—	—	—	—	—	17%
Organizational Structure	—	—	—	—	—	—	—	12%
Participant/Program Assessment	10%	—	—	—	—	—	—	10%
Class Design	25%	—	—	—	—	—	—	—
Leadership and Instruction	55%	—	—	—	—	—	—	—
Legal/Professional Considerations	10%	—	—	—	—	—	—	—

* Percentages are approximate

[†] RCEP practice areas are tested as follows:

General Population	40%
Cardiovascular	15%
Pulmonary	10%
Metabolic	14%
Orthopedic/Musculoskeletal	7%
Neuromuscular	5%
Immunologic/Hematologic/Neoplastic	9%

Add A Whole Other Dimension to Your Career...



DID YOU KNOW YOU CAN BE ACSM
CERTIFIED, BUT THAT DOESN'T MEAN
YOU'RE A MEMBER OF ACSM?
MEMBERSHIP IN ACSM ADDS VALUE AND
A WHOLE OTHER DIMENSION TO YOUR
CAREER. JOIN TODAY!

You're working toward ACSM certification because you want to help all types of people perform better and become healthier and fit. ACSM wants to support you in this effort.

With more than 35,000 members and certified professionals spanning the globe, ACSM brings together experts in education, medicine, science, research, and health and fitness to lead the way in research, education, practice, and advocacy.

WITH ENHANCED MEMBER BENEFITS, IT'S NEVER BEEN A BETTER
TIME TO BE A MEMBER OF ACSM! TO LEARN MORE, VISIT
WWW.ACSM.ORG/JOIN.



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

HOW DO I STAY CERTIFIED?

Leaders are always in front.



Once you've taken the step forward to become ACSM Certified, you'll want to keep your certification current with continuing education. Continuing education is required to ensure ongoing competency and to maintain a high standard for ACSM-certified professionals.

ACSM continuing education credit (CEC) requirements vary by certification. You'll find more information about the CEC requirements for your certification below.

EARNING CONTINUING EDUCATION CREDITS

To ensure ongoing competency and to maintain a high standard for certified professionals, every ACSM credential is renewed on a three-year basis.

Certification/registration renewal is granted to candidates who successfully:

1. Earn the required number of Continuing Education Credits (CECs); AND
2. Maintain a current cardiopulmonary resuscitation (CPR) certification; AND
3. Pay the required three-year recertification/renewal fee; OR

The candidate also has the option to repeat the certification examination of that particular level of certification for which they wish to be recertified (if exam is available and candidate still meets the minimum requirements).

The total number of CECs and recertification/renewal fees required for each certification/registry level for a three-year period are as follows:

Recert. Credential	No. of	
	CECs	Fee
ACSM Certified Group Exercise Instructor SM	45	\$30
ACSM Certified Personal Trainer SM	45	\$30
ACSM Certified Health Fitness Specialist SM	60	\$45
ACSM Certified Clinical Exercise Specialist SM	60	\$45
ACSM Registered Clinical Exercise Physiologist [®]	60	\$45
ACSM/NCPAD Certified Inclusive Fitness Trainer ^{SM†}	15	\$25
ACSM/ACS Certified Cancer Exercise Trainer ^{SM†}	15	\$25
ACSM/NSPAPPH Physical Activity in Public Health Specialist SM	45	\$45

For the number of CECs required and the appropriate fee for ACSM credentials not listed above, please visit www.acsm.org/recertify.

[†] Must maintain NCCA accredited certification for renewal.

CECs can be earned the following ways after you become certified:

1. Attending professional education meetings, or taking continuing education self tests (such as those found in professional journals), that offer CECs, CMEs or CEUs from ACSM or other nationally recognized organizations.

2. Completing education programs, meetings, conferences, workshops, and other at home study programs from ACSM Approved Providers. Visit www.acsm.org/CECs for more information.
3. Taking and receiving a passing grade in a health/fitness or exercise science-related course from an accredited college or university that maintains or enhances professional development.
4. Authoring or co-authoring the publication of books, peer reviewed journal articles, or accepted abstracts.
5. Teaching academic courses at the college level; or presenting health, fitness, or clinical lectures in an organized professional conference offering CECs.
6. Attending an ACSM workshop, webinar or earning an additional ACSM certification.
7. Completing distance education or online continuing education programs that are consistent with the KSAs of your certification.

If attending a program that is not offered by an ACSM approved provider, please obtain CEC documentation. Examples of CEC documentation includes official continuing education certificate or letter stating amount of CECs earned.

AUDIT POLICIES

At the time of recertification/renewal, you are only required to complete the online renewal form, but you must retain all documented proof of obtained credits for one year. ACSM will audit a percentage of randomly selected ACSM renewals. If audited, you will be required to provide documented proof of all credits to the ACSM National Office within 30 days.

CERTIFICATION AND REGISTRY STATUS

You are considered ACSM certified or registered during the three years that your credential is current. If you do not recertify, you are no longer considered ACSM certified or registered, and you may not claim to be ACSM certified or registered.

MULTIPLE CREDENTIALS

A certified or registered professional who has gained more than one ACSM certification can keep all ACSM certifications current. A \$5 fee is charged for all additional credentials that one wishes to keep current. For example, if one wishes to maintain both the ACSM Certified Clinical Exercise Specialist and the ACSM Registered Clinical Exercise Physiologist® certifications, the renewal fee would be \$50 (\$45 for the ACSM Certified Clinical Exercise Specialist and \$5 for the additional ACSM Registered Clinical Exercise Physiologist®).



ACSM's 14th
**HEALTH
& FITNESS
SUMMIT
& EXPOSITION**
April 7-10, 2010
Austin, Texas

**9 Tracks & CECs
Outstanding Keynotes
Exhilarating Workouts
Exciting Exhibit Hall**

www.acsm.org/summit

"With my ACSM Certification I have been able to continuously enrich my knowledge base, while at the same time, establish a solid network of professionals that allow me the most opportunity in my career. Not only has this broadened my academic and professional perspective, but it has challenged me to new ideas that I have been able to implement in my practice. It is with true esteem and pride that I can tell others, 'I am ACSM certified.'"



Contact us at **1.800.486.5643**

Outside the U.S. and Canada call
410.528.4185

Agents available Monday – Friday
8:30 a.m. – 4:30 p.m. ET

401 West Michigan Street
Indianapolis, Indiana 46202-3233

ISBN-13: 978-1-60831-785-1

ISBN-10: 1-60831-785-4



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
LEADING THE WAY®

For more than 50 years... ACSM has been Leading The Way in the scientific and public health aspects of physical activity and the breadth of exercise science and sports medicine. Today ACSM provides services to over 30,000 members and certified professionals in more than 70 countries.