



ACSM'S GET CERTIFIED GUIDE

Leading The Way.



ONE CERTIFICATION
HAS ACHIEVEMENT
WRITTEN ALL OVER IT.



Wolters Kluwer
Health

Lippincott
Williams & Wilkins



AMERICAN COLLEGE
of SPORTS MEDICINE®

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

When it comes down to choosing a certification the question ultimately comes up — What organization is leading the way in establishing the standards and guidelines for the rest of the fitness and clinical industry? You would be hard-pressed to find a professional who would answer that question with an organization other than ACSM.



Whether you are entering the field or are a well-established veteran, an ACSM certification proves you are committed to establishing yourself as a top-notch professional.

ACSM has been leading the way in the health and fitness and clinical certification field since 1975, and continues to lead with ground-breaking initiatives like Exercise is Medicine™, a true integration of healthcare and fitness. ACSM also leads with numerous textbooks that are the “Gold Standard” publications for the industry.

Employers recognize ACSM credentials as the most well-respected in the health and fitness business. So whether your work involves developing and implementing individualized fitness programs for healthy individuals, groups, or even special populations, an ACSM credential makes the statement that you're prepared and able to provide the highest quality, most professional service in the industry.



Sincerely,
Richard Cotton, MA, ACSM-PD, ES
National Director of Certification



WHY SHOULD I BECOME ACSM CERTIFIED?	2	SHOULD I ATTEND A WORKSHOP?	10
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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.

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CLINICAL

If you are a clinical professional who works with clients 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 already have an NCCA accredited certification, then consider adding an ACSM specialty certification. Developed for individuals who work with or want to work with special-needs clients.

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RIGHT CHOICES.

A MESSAGE FOR CANDIDATES

ACSM membership adds value to your official certification. Our members' diversity and expertise makes us the largest, most respected sports medicine and exercise science organization in the world.

BECOME A MEMBER TOO

With membership options for students and seasoned industry veterans, you can choose to join ACSM too.

“Our members have invented and influenced a wide range of fitness and medical advances.”

Mindy Millard-Stafford

Warm regards,



Mindy Millard-Stafford, Ph.D., FACSM,
ACSM President 2008-2009



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. Already certified? Check out 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 higher 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 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 exam testing procedures.



College students, professionals new to the field, individuals with or without a health-related degree

College graduates with health-related degrees, experienced health and fitness professionals

CANDIDATE PROFILE

Health club, university, corporate or community/ public health settings

Health club, university, corporate or community/ public health or hospital/clinical settings

WORK SETTING

- Works with healthy individuals or those with medical clearance to exercise
- Performs basic fitness assessments and field tests
- Makes appropriate exercise recommendations

- 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

SCOPE OF PRACTICE (ABRIDGED)

- High school diploma or equivalent
- Current Adult CPR (with practical skills component)
- 18 years of age or older

- Associate's degree (see www.acsm.org/certification for list of eligible degrees) in a health-related field*
- 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: 125-150[†]

Duration: 3.5 hours
of Questions: 125-150[†]

EXAM SPECS

\$219 ACSM Members
\$279 other candidates
\$150 re-test

*Save \$30 on Exam
If Purchased At Workshop*

\$219 ACSM Members
\$279 other candidates
\$150 re-test

*Combo *Exam & Workshop
\$499 Non-ACSM Members
\$439 ACSM Members
* Register through Pearson VUE.
Exam vouchers are
distributed at workshop site.*

EXAM COSTS

1-day \$129 (for experienced professionals)
3-day \$375 (for individuals new to the field)

2-day \$250

WORKSHOP DETAILS

- *ACSM's Resources for the Personal Trainer*
- *ACSM's 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 Certification Review*
- ACSM Learning Portal

RECOMMENDED STUDY MATERIALS

Simplified Chinese, Spanish

Japanese, German, Simplified Chinese

EXAM LANGUAGES

Accumulate 45 CEC's 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

71% of 1,789 first-time candidates

66% of 905 first-time candidates

2007 PASS RATES

[†] INCLUDES TRIAL QUESTIONS

* ELIGIBILITY WILL CHANGE IN 2010 TO AN EXERCISE-BASED DEGREE

Becoming ACSM certified will challenge you, yet, our study materials and hands-on workshops will help you achieve your goal of becoming ACSM certified. And best of all, you'll be certified by the organization that's Leading The Way in making exercise good medicine!



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

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: 100-135†

Duration: 3 hours
of Questions: 125-150†

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

*Combo *Exam & Workshop
\$519 Non-ACSM Members
\$459 ACSM Members*

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

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

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

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

WORKSHOP DETAILS 2-day \$250

2-day \$250

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

2007 PASS RATES 51% of 293 first-time candidates

89% of 102 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 WILL CHANGE IN 2010 TO AN EXERCISE-BASED DEGREE



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

College graduates with and without health-related degrees, experienced fitness professionals working with older adults or individuals with chronic conditions

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

WORK SETTING

- Works with people with a 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
- Writes adapted exercise recommendations, 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.

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

- An ACSM or NCCA-accredited certification
- Certification in Adult CPR & 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

ELIGIBILITY

Duration: 2.5 hours
of questions: 100-125[†]

Duration: 3.0 hours
of questions: 100-135[†]

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

EXAM COSTS

www.acsm.org/register

www.acsm.org/register

WORKSHOP DETAILS

Visit www.pearsonvue.com/acsm/cift for complete listing

Visit www.pearsonvue.com/acsm/cet for complete listing

RECOMMENDED STUDY MATERIALS

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

Accumulate 15 CECs within a 3-year period and maintain NCCA-accredited certification; pay \$25 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 then go for it!

FITNESS CERTIFICATIONS

The **ACSM Certified Personal TrainerSM** 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.

Using a variety of teaching techniques, 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
- Leading and demonstrating safe and effective methods of exercise
- Motivating individuals to begin and to continue with their healthy behaviors

The **ACSM Certified Health Fitness Specialist** 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 Specialist is skilled in the following:

- 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 Specialist** 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 Specialist also may provide exercise-related consulting for research, public health, and other clinical and non-clinical services and programs.

The ACSM Certified Clinical Exercise Specialist is certified by ACSM to deliver:

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

The **ACSM Registered Clinical Exercise Physiologist®** 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 certified by ACSM to perform:

- 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 Certified Inclusive Fitness Trainer** 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 Certified Inclusive Fitness Trainer is skilled in the following:

- 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 Certified Cancer Exercise Trainer** 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. All clients have been cleared by their physician for basic exercise testing and independent physical activity.

The ACSM Certified Cancer Exercise Trainer is skilled in the following:

- Performing appropriate fitness assessments
- Making appropriate exercise recommendations
- Demonstrating a basic understanding of cancer diagnoses, surgeries, treatments, symptoms and side effects



FIVE TIPS FOR EXAM PREPARATION

You'll want to plan for success.



There is a live tutorial on our web site at www.acsm.org/certification that walks 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. New editions of some will be published in 2009.

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.

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 (www.acsm.org/register); or participate in a live webinar (www.acsm.org/certification); or take a course or practice test on the ACSM Learning Portal (www.acsmlearning.org).

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.

WHAT ELSE SHOULD I KNOW?

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.

PREPARE FOR A CERTIFICATION TEXTBOOKS, LEADING THE WAY!

The following textbooks are recommended to prepare you for ACSM certification. You may purchase these study materials online through our publishing partner Lippincott Williams & Wilkins at www.lww.com or by calling 1-800-486-5643.



New editions will be released in 2009, if you plan to take your certification exam in 2008 or the first half of 2009 use the the chart below as a guide. Check our web site (www.acsm.org/certification) for dates when the 2009 texts will be referenced on the exams.

RECOMMENDED STUDY MATERIALS

	CPT	HFS	CES	RCEP
ACSM's Certification Review, 2ed; \$39.95	✓	✓	✓	
ACSM's Guidelines for Exercise Testing and Prescription, 7ed; \$36.95	✓	✓	✓	✓
ACSM Online Learning Portal; www.acsmlearning.org	✓	✓	✓	✓
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5ed; \$59.95		✓	✓	✓
ACSM's Resources for Clinical Exercise Physiology; \$54.95				✓
ACSM's Resources for the Personal Trainer, 2ed; \$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; \$44.95	✓	✓		
ACSM's Metabolic Calculations: A Handbook; \$29.95		✓	✓	
ACSM's Metabolic Calculations Tutorial CD-ROM, version 1.0.a; \$43.95		✓	✓	
Coaching Psychology Manual; \$39.95 (Margaret Moore; 2009)				

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 Resource Associates

(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 (KSA's) required for the exam.

CERTIFIED HEALTH FITNESS SPECIALIST

(2-Day Course: \$250) A blend of classroom lecture and hands-on practicum designed to help you prepare. 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.

CERTIFIED CLINICAL EXERCISE SPECIALIST

(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.

REGISTERED CLINICAL EXERCISE

PHYSIOLOGIST (2-Day Course: \$250)

This lecture-only workshop has an intense focus on practice areas including neuromuscular, orthopedic and 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 also are included.

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

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

Workshops for Specialty Certifications coming soon!

For our accommodations and transfer/cancellation policy please see page 14.

PREPARE FROM THE CONVENIENCE OF YOUR HOME WITH ACSM WEBINARS!

You can learn from an ACSM expert from the convenience of your own home. As a Webinar participant you will view a PowerPoint presentation live online and call-in toll free to join other professionals from all over the world in this learning experience. Our webinars are interactive and question and answer periods with the expert are provided. Audio recordings are provided to you following each webinar. You may take one, two or all of the webinars available to help you prepare for the 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 the health/fitness professional are available to help you learn or enhance knowledge of specific content areas.



“Thank you for all your help with the ACSM HFI workshop. It was a great success. My staff felt that it was a great refresher to what they had learned in college and it really helped them refresh the skills that they currently use.

I was hoping that the workshop would show me where I was weak in my knowledge and guide me in focusing my efforts from here on. It certainly did all of that.”

**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, interactive 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**

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 web site at www.acsm.org/certification.

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 site has confirmed that the workshop has enough registered participants to run the workshop. ACSM is not responsible for travel or hotel expenses. Information will be mailed by the workshop host site prior to the event.

SITE CANCELLATION

Workshop sites may be cancelled up to 20 days prior to the beginning of the scheduled workshop session for

“I am very excited about personal training and opening my studio, I think I found my passion! Again thank you, and, by the way, I PASSED my test, I am officially a Personal Trainer!!!”

I wanted to let you know I passed the ACSM PT exam last Friday. I found it to be challenging and I used the whole testing time to review. I really enjoyed and appreciated your class, and your knowledge and enthusiasm.”



any reason.* When a workshop is cancelled, candidates will be notified immediately and will receive a complete refund of all workshop fees. Transfer and cancellation policies would apply to the new site location.

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.

*CPT workshops reserve the right to cancel seven days prior to workshop start date.

TRANSFER/CANCEL

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 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.

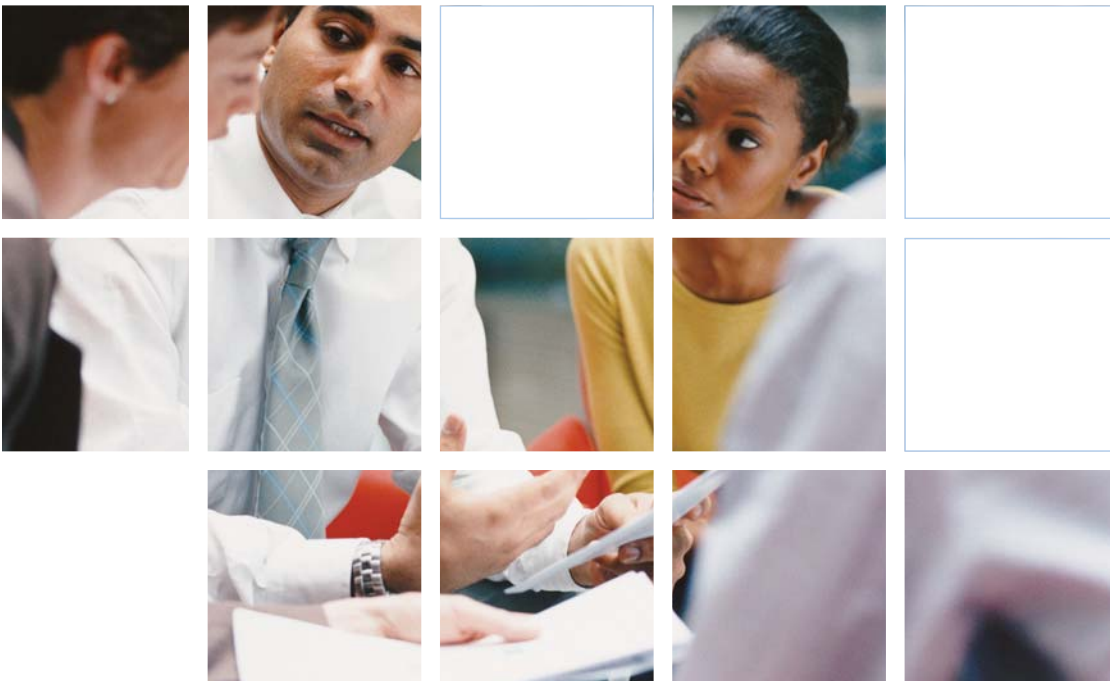
EXAM INFORMATION

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

Competency Areas	CPT	HFS	CES	RCEP	CIFT	CET
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%	N/A	N/A	7%
Patient Management and Medications	N/A	N/A	2%	N/A	N/A	N/A
Program Administration, Quality Assurance, and Outcome Assessment	4%	8%	2%	4%	N/A	5%
Clinical and Medical Considerations (CPT only)	10%	N/A	N/A	N/A	11%	12%
Pathophysiology and Risk Factors	N/A	5%	10%	9%	N/A	N/A
Electrocardiography and Diagnostic Techniques	N/A	1%	17%	N/A	N/A	N/A
Medical and Surgical Management	N/A	1%	2%	13%	N/A	N/A
Physiology: Diagnosis and Treatment	N/A	N/A	N/A	N/A	N/A	12%
Disability Awareness	N/A	N/A	N/A	N/A	10%	N/A
Americans with Disability Act (ADA) and Facility Design	N/A	N/A	N/A	N/A	5%	N/A

* Percentages are approximate

You're ready for action...



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

You're working toward ACSM certification because you want to help all types of people perform better, become healthier and more fit and that's good.

As a membership society, ACSM brings together experts in education, medicine, science, research, and health and fitness to help members improve human performance, and reduce injury and illness in a way no single-focused organization, or single industry can.

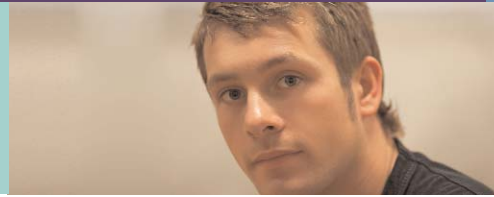
TO LEARN MORE ABOUT BEING AN ACSM MEMBER TODAY VISIT WWW.ACSM.ORG/JOIN



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:

Credential	No. of CECs	Recert. Fee
ACSM Certified Personal Trainer SM	45	\$30
ACSM Certified Health Fitness Specialist	60	\$45
ACSM Certified Clinical Exercise Specialist	60	\$45
ACSM Registered Clinical Exercise Physiologist [®]	60	\$45
ACSM/NCPAD Certified Inclusive Fitness Trainer [†]	15	\$25
ACSM/ACS Certified Cancer Exercise Trainer [†]	15	\$25

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. 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.

3. Authoring or co-authoring the publication of books, journal articles, or accepted abstracts.
4. Teaching academic courses; conducting classroom instruction; or presenting health, fitness, or clinical lectures in an organized professional conference.
5. Attending an ACSM certification workshop or an ACSM endorsed meeting or program.
6. Completing distance education or internet continuing education programs on specific clinical or preventive topics.

If attending a program that is not endorsed by ACSM, 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. If you are no longer ACSM certified or registered, 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 HEALTH & FITNESS SUMMIT



www.acsm.org/summit

Featuring nine tracks, over 20 CECs, exposition and hands-on workout demonstrations!

“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

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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.

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