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ACSM's Certification Review 3th (third) Edition

American College of Sports Medicine
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American College of Sports Medicine : ACSM's Certification Review 3th (third) Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised ACSM's Certification Review 3th (third) Edition:

1 of 1 people found the following review helpful. Short, Sweet, and to the point!By LoganPros:- Provides detailed breakdown of exam outlines and job descriptions for each ACSM job.- 100 question practice exam for each section with detailed explanation for each problem and why it is correct and others are incorrect.- Gives real world scenarios with real clients, following up with questions on how to begin a program with them and obstacles that may arise- Short, concise, and to the point. No fluff like other texts. The minute you open the book, you dive right into the information.Cons:- With different certifications included, the time actually spent on each was short. For example, I was taking the ACSM-CPT. When I finished that section of the book, I had learned a lot, however, I couldn't learn anything else from the book that would be useful for my exam. What I did was go ahead and attempt the other sections, but they were more in depth and too advanced for a starting personal trainer. I believe a better option for me at this point in time would have been an ACSM-CPT specific prep booklet.- HOWEVER, although each section is short, it is still an amazing resource for whichever certification you are trying to obtain.*For the reason of it being almost too concise, and not giving more per section, I rate this 4 stars.0 of 0 people found the following review helpful. Great review bookBy AJane1350This book is an excellent resource for all certifications. I recently took my ACSM cpt exam and passed it with some help from this book. It provides great case studies, and I like the question and answer format. This book will also give you practice exams as well. This is not the only book that should be used

to study for your exams but it is a good one to have in your collection. However, just be careful of a few of the answers to the math questions are wrong. Even though the answers to one or two of the math questions were wrong I still rate this book all 5 stars because the steps necessary to take in order to calculate the answer are correct. 0 of 0 people found the following review helpful. Great practice By Veronica Hughes So far, this has been a tremendous help in studying for the certification exam. It covers all three exam types with explanations of answers, location of where to find the sources and other important information, and in depth questions that are key to the life like application in the field.