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Published by the American College of Sports Medicine, ACSM's Resources for the Personal Trainer Fifth edition is the critical content for those seeking to gain ACSM's Certified Personal Trainer certification, and those currently practicing.

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Organized around the scope of ACSM EP-C practice domains, ACSM's Resources for the Exercise Physiologist includes an introductory section focusing on understanding exercise, physical activity, and pre-exercise screening.

### **ACSM's Resources for the Exercise Physiologist PDF**

ACSM's Guide to Exercise and Cancer Survivorship , American College of Sports Medicine, Melinda Irwin, , , . . Physiological aspects of sports and physical fitness a selection of papers presented at scientific meetings of the American College of Sports Medicine, American College of Sports Medicine, Athletic Institute, 1968, Health & Fitness, 102 pages.

### **ACSM's Resources for the Personal Trainer, 2013, 592 pages**

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ACSM's Resources for the Group Exercise Instructor provides you the information and the expertise it is advisable successfully lead group exercise. You'll discover ways to benefit from group dynamics to enhance well being and nicely-being.

### **ACSM's Resources for the Group Exercise Instructor - Ebook**

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Moreover, the book shows how the skills you'll gain can easily be adapted to different environments, including gyms, studios, recreational facilities, and clubs. Developed by the American College of Sports Medicine (ACSM), this book thoroughly prepares you to become an ACSM Certified Group Exercise Instructor.

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