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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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This manual is an essential resource for all exercise professionals, as well as other health professionals who may counsel patients on exercise including physicians, nurses, physician's assistants, physical and occupational therapists, dietitians, and health care administrators.

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ACSM's Guidelines for Exercise Testing and Prescription

ACSMâ€™s Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam.

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