



Flashcard Study System for the ACSM Registered Clinical Exercise Physiologist Exam: ACSM Test Practice Questions & Review for the American College of ... Clinical Exercise Physiologist Exam (Cards)

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- Pre-screening process
- Exercise capacity
- Atherosclerosis
- Electrocardiogram

The Exercise Testing section covers:

- Typical exercise programs
- Cardiorespiratory exercise program
- Blood pressure

The Exercise Prescription section covers:

- Stages of progression
- Strategies for teaching movement
- Training program set-up
- Resistance training
- Motivation

The Exercise Training section covers:

- Muscular fitness
- Resistance-type exercise program
- Traumatic brain injury
- HIV
- Chronic fatigue syndrome

The Education and Behavior Change section covers:

- Transtheoretical model of change

- Exercise participation
- Lifestyle management
- Nutrition

The Program Administration section covers:

- Communication with clients
- Feedback
- Emergency equipment and drugs

The Legal and Professional Considerations section covers:

- Medical clearance requirements
- Basic first-aid procedures
- Management and first-aid during exercise
- FERPA and HIPAA laws

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