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Our exams simulate the stress of the real exam, by setting the time limit for the question to be the same as the real exam. Therefore, when you take the actual test, you will be comfortable with the requirements of the real exam. We offer 5 online practice exams with 500 unique questions to help you prepare for your ACSM certified personal trainer test. The low cost! The cost of ordering 5 practice tests is lower than the cost of taking a real ACSM certified personal trainer test. In other words, it will cost you less money to order five practice tests, than if you failed the real test and had to be retaken. Now it's a bargain! If you need to stop while you take one of our tests, you can continue right where you left off. When you continue the test, you will start exactly where you were, and with the same amount of time you have left. After completing a test, we provide your raw score (how much you answered correctly) and our estimate of the ACSM score you would get if you took the real test. When you complete your practice tests, we show you which questions you answered correctly, which questions you answered incorrectly, and provide step-by-step detailed explanations for each test question! As a fully recognized member of the Better Business Bureau, we maintain the highest level of business standards. You can rest assured that we maintain all BBB standards for trust that the tests are web-based and have no software to install. Our practice tests are available to you 24 hours a day. No matter where you are, you can take our practice tests on any computer with internet access. If you need more help, we offer special tutoring. Our teachers are very talented. 2. What score do I need to pass an ACSM certified personal trainer test? To pass the ACSM certified personal trainer test you need a score of 550. The range of possible grades is 200 to 800. 3. Do I know that the practice tests reflect ACSM's actual approved personal training test? In examedge.com, we go to great pain to make sure our tests are as realistic as possible. Our practice tests help you prepare for the real test in a number of main ways: subjects that covered initial customer advice and evaluation - 26% programming and exercise implementation - 27% exercise leadership and customer education - 27% legal, professional, business and marketing - 20% difficulty level time limit (or you can customize it) Navigating a sense of the real exam We have a team of professional writers who create the questions based on the details of the test We continually update our exams to keep them in sync with the latest version of the actual qualification exam. 4. Do you offer practice tests for other ACSM subjects? Yes! We offer 2 subjects with 5 different exams utilizing 500 unique questions * Each subject has a free ACSM certified sample test and exercise instructors group (ACSM-GEI) practice tests ACSM certified personal trainer (ACSM-CPT) practice tests to order tests, or take a sample test, for another topic: click on 'Name on test name' you will be tested for the orders page 5. How do I register for the real ACSM certified personal trainer test? For information about acsm certified personal trainer test certification, please refer to the ACSM - American College of Sports Medicine website at: If you are looking for an ASCM-CPT certification, you will need to take this test to evaluate the practice-related knowledge you are likely to use in this professional field. Being qualified in this profession means you are held on a certain set of standards which is likely to be met on a daily basis. ACSM CPT Research GuideACSM CPT TabsAll applicants must:Be 18 years or older And hold a high school diploma or GED at least adult CPR/AED certification during the online application process, you are expected to prove the above information. You will also have to pay for the exam at the same time. ACSM members can take it for \$279, while non-members will be charged \$349. When and where can I take it? Once the request is processed, the test will be allowed to be timed. The exams are taken through Pearson VUE. Tests can be scheduled online throughout the year. A complete list of available dates, times, and locations will be offered to you when you schedule. There are over 5000 computer-based test sites located around the world. You can choose the one that is most convenient for you. What do I need? Because the tests are computer-managed, you don't need to bring personal items with you. This includes electronic devices, pencils, study materials and/or calculators. All personal items will not be allowed in Test area. You will need to arrive at least 30 minutes early for your exam to make sure you have the right time to register and register. Those arriving late will not be allowed to enter the exam and will waive all payments paid up to this point. To sign in, you must have at least one form of valid identification with you. Your full name must contain your full name that matches your application information, signature and identifiable image. If information is missing you may be asked to produce another form of ID.What to expect? The ACSM-CPT exam consists of 150 multiple selected items. 120 of them score while the other 30 serve as early and non-scoring 10. You get a total of 165 minutes to complete the exam. This test is separated into four main performance areas and then work tasks. A brief overview and percentage of questions in each area can be found below. Initial customer consultation and evaluation 25%Preparation for initial interview Initial interview of the clientCheck and analysis of customer data Evaluation of behavioral readiness Assessments of physical and health components Developing a programming training program and implementation 45%-Review customer goals and physical costPricePrice of fitness planning and start of a program offered with a client Monitoring customer performance Recommend improvements in exerciseOboBating customer feedback Leaders and customer education 20% use of communications and techniques for better performance Client education with scientific resources 10% networking legal and professional responsibility with health professionalsThe development of a risk management programThe adherence to the ACSM Ethics Code oversees industry standardsInserving copyright laws That monitor customer informationHow does it hatch? At the end of the exam, you'll get a score report that includes your transition/failure status and your perceived score. If you pass the exam, you will receive your official postal qualification shortly after you have retried the exam. Whoever fails can re-schedule the exam. There's a \$175 fee to do that. How to prepare? Mometrix wants to help you achieve your career goals by preparing you for this exam. We provide an all-inclusive tutorial and a set of flash cards to make sure you know everything you need. Included in these amazing test preparation tools are some sample questions. These are designed to be designed and experienced exactly how you will find them in the actual exam. Making sure you're ready for this test is important for your future success. Let us help you get where you need to be. ACSM Personal Trainer Tutorial GuideMometrix is a completely free ACSM test resource provided by Mometrix Test Preparation. If you find the benefit from our efforts here, check out ours Acsm CPT Research Guide Quality ACSM CPT Flash Cards take your studies to the next level. Just click on the ACSM Research Guide link below. Your purchase also helps us make even bigger, free test content for the tests. Upgrade your studies with our RESEARCH GUIDE AND ACSM-CPT: ACSM-CPT Research Guide ACSM-CPT TabsMademia – Home * Disclaimer: Pocket Preparation, Inc. is not identified or approved by ACSM®. Accordingly, ACSM does not represent the contents of Pocket Prep, Inc. materials. All organizational and checked names are trademarks of their respective owners. Hi everyone, Coach Tyler Read and welcome to your only ACSM personal training accreditation curriculum. In my research center, you will find an ACSM research guide, an ACSM practice test (with all the answers), ACSM tabs and other ACSM tips to help you pass the final exam. I highly recommend you star/bookmark this page for future reference. Trust me, you don't want to lose this. I also 100% recommend testing the team at coach academy if you want the best overall chance of passing the ACSM test. They'll ensure you pass the test and cut your total study time in half. Check out my full review of them here. Get the free ACSM test cheat sheet here. Courtesy of the Coaches Academy. The menu at the top of this page will answer any questions related to personal training you have. If you have any questions, feel free to leave me a comment here (I'll respond within 24 hours). Also, visit the home page for the latest and most popular articles. My Bitmoji colleague will escort you through the ACSM research guide to make sure you are on track to pass the ACSM test. Say hello to Tyler-Muji. Introduction to the ACSM research materials Before we begin, you'll need the official ACSM textbook to study for their exam. The current textbook is called ACSM Resources for Personal Trainer 5th Edition. It consists of 22 chapters and was written by the American College of Sports Medicine. Browse the image on this page so that you select the correct textbook. I recommend collecting the book from acsm or amazon. Top 10 tips to pass the ACSM test (video) Top 10 tips to pass the ACSM Test (podcast) Free ACSM Research Guide updated to 2020 Free ACSM Practice Test 2020 on my ACSM practice test, you will find the same percentage of questions from the four main areas of research as you were on the real test. I'm doing this to try to simulate the real exam as close as possible. Here are the four areas of research and their relative percentage of question on the test. Domain 1: Initial client consultation and evaluation; (represents 25% of questions) Domain 2: actual programming/implementation; (represents 45% of questions) Domain 3: Leadership practice and learning; (represents 20% of questions) Domain 4: Legal and professional aspects: (represents 10% of questions) ACSM practice tests answer key below ¶ (don't peek until after!) © Q1: Maximum duration between sets of 1RM bench press trials is: A1: B. 3 minutes Q2: Which maximum heart rate equation should be used to test a woman's stress in middle age and asymptomatic? A2: A. 206 – (0.88 x age) Q3: What is Syncope? A3: B. Loss of Consciousness Q4: Which one is defined as human movement research? A4: D. Kinesiology Q5: How much time has the coach spent talking when they use the customer-focused approach during consultation with a client? A5: D. 10% to 15% of the time Q6: Par-Q's goal is...? A6: D. To screen customers and remove them from potentially too difficult activities for them Q7: What type of muscle is gastrocnomic when raising a calf? A7: A. Agonist Q8: Which is not a regular site for measuring skinfolds? A8: B. Sub-cranial Q9: Which muscle is not in the back spinal muscles? A9: A. Quadratus lumborum Q10: Which is defined as shortness of breath? A10: A. Dyspnea Q11: Which components are in health history estimation? A11: A. Medical History, Medications, and Exercise History Q12: What is the classification for a BMI of 24.8? A12: C. Standard Quarter: What does R stand for in SMART? A13: A. R. Realistic: Which muscle group should be exercised first? A14: A. Large muscle groups Q15: How should you promote arm positioning for an adult doing a sitting balance workout? A15: B. Use of a support surface, placing your hands on your hips, crossing your arms in front of chest Q16: Which is not the right sequence for resistance training? A16: A. Exercises for strong areas before exercises for weak areas Q17: Which endurance exercise mode is best for a beginner who has type 2 diabetes and may also have peripheral neuropathy? A17: B. Stationary Bike Q18: Which power curve allows you to lift weight when using only the lower half of the movement? A18: B. Power curve drops Q19: What stretch is she for a knee stretch? A19: B. Standing quadriceps stretch Q20: For intermittent exercise, what is the minimum interval? A20: A. 10 minutes Q21: What effect does an increase in relaxation levels have during pregnancy? A21: C. Increased common range of movement Q22: Which one is a description of a routine for endurance training? A22: A. Lower weight and higher Q23 repetitions: What week's progress is appropriate for promoting cardiovascular endurance for beginners when they've been doing 60 minutes of low-intensity work in the first week? A23: B. Add 10-15 minutes a week until they reach 120 minutes per week Q24: Which delegate combinations is most effective? A24: A. Concentric-Eccentric What doesn't an acute plan change? A25: D. Stretch duration of Q26: Muscles use which power curve? A26: C. Power curve shaped like bell Q27: What movement pattern for people with osteoporosis is not opposed? A27: B. Excessive hip flexion Q28: Bench weight pressure is what kind of exercise? A28: A. Multijoint, One-sided Q29: How much lube bone mineral density happens in women each year after age 35? A29: C. About 1% Q30: What is the most basic position for stretching the hip spine? A30: D. Sitting in chair Q31: For someone with retinopathy diabetes, what kind of resistance training is best? A31: B. Q32 Circuit Training: At what stage of the clean has a double knee bend? A32: A. Beyond Q33: What general gender differences may be the cause of women having more flexibility than men? A33: A. Females tend to have wide, shallow thighs Q34: What is the best description of isotonic resistance training? A34: B. Muscle contraction in which muscle exerts constant tension Q35: What happens when the level of exercise is higher than the threshold for change? A35: C. Physiological adaptation Q36: Jim has been training with you for 5 weeks and has increased his upper body strength by 25%. He goes on vacation and you explain to him the importance of continuing to practice while he's gone. How long will it take For Jimmy to lose half his profits? A36: About 5 weeks Q37: Mary has been training with you for 2 weeks. It can currently perform 45 subordinates in 2 minutes. What's the best way forward? A37: B. Aim for 60 subordinates in 2 minutes. Q38: Jim has been training resistance with you for a month. He performed 10-15 repetition sets on the leg press. You've been gradually increasing the exercise workload, and can currently perform 15 foot clicks per set with 200kg. Which of the following is the best way to move forward from here? A38: C. Increase resistance to 100 kg. R39: Which position is the most challenging in the final stage of progress for static balance training? A39: D. One-legged Q40 standing: Bill practices at 80%-90% of his maximum return on a handshake. How long does he usually have to wait before training his feet again? A40: d. 72 hours Q41: James has been training and competing in triathlons for 5 years. He wants to increase running speed and cycling power. How many times do you have to ask him to practice in a week? A41: D. 4-7 Q42: When training a client to activate their core for the purpose of achieving proximal stability, what exercise modality should come first in progress? A42: B. Shoulder movements of a rainbow plane with one hand raised from the floor. Quarter 43: Andrew is a 35-year-old man looking to increase his strength in his upper body. How long does he need to rest? Pressure drill sets on the bench? A43: About 2-5 minutes Q44: Bob is a 30-year-old man looking to increase muscle endurance for distance running. How long does he have to rest between sets on the leg extension machine? A44: A. Less than 30 seconds in the fourth quarter: Beth is a 28-year-old woman looking to improve her overall fitness. How long does she have to rest between sets on a handshake exercise? A45: b. 30-90 seconds Q46: Why do trainers need to know CPR, other than the obvious safety for the customer? A46: C. To avoid litigation for not providing an emergency response to Q47: What is not a potential risk of injury when using weight machines? A47: D. Too heavy of the Q48 dumbbell: Incident reports include which of these? A48: A. Facts surrounding the second incident. An opinion on what caused the third incident. Names and contact information of witnesses in transfusion. Signature of person experiencing event A48: I, III and IV only Q49: What is the number one claim against the two fitness facilities of the fitness experts? A49: A. Falling Q50: What is a professional that a trainer should not refer a customer to? A50: B. ACSM Health Food Store Owner Flashcards ACSM Research Tips Although I boast of having a fairly decent ACSM research guide and other teaching materials, these are by no means designed to replace the full textbook. It's just news that's going to help you along the way. Below is a complete list of additional learning tools and study materials that I highly recommend you test so that you can rock a test with hundred percent confidence. These study materials should be your guides to go if you want to pass the guaranteed premium ACSM research guide and free tutorial here on Ptpioneer is a decent place to start, and can be the best free study guide out there that I know. However, there are definitely better paid options out there that will greatly reduce your study time and focus on the most important parts you need in order to pass the ACSM final exam. My research guide has a lot of information, but it's not designed to help you save time by any means. The company I highly recommend is the Coaches Academy. They have a fantastic group there and every student I send through them just tells me wonderful things. Their research manual avoids all the inverted material that you don't get tested on. This is a fantastic research guide to use if you have a year to study, and especially if you need to compress so much information in a short period of time. Additional ACSM practice tests the ACSM practice test I have on my site contains only 50 questions. If you want to feel very confident about taking the final exam, you'll need a lot more practice through practice tests. Overall, I recommend taking at least 3 to 5 practice exams to know if you are 100% ready. A lot of my students came to me and said they failed the exam. The number one reason is they never took a practice test before playing the real thing. If they were, they were among him that they weren't ready enough. The best ACSM practice tests can also be found at the Coaches Academy. For the ACSM test they have five practice tests and 150 full questions. In addition, they also have a two-and-a-half hour time quiz to simulate the real test environment. If you can pass all five of their practice exams, you know you're ready to control the real thing. Repeating ACSM tabs every time I start talking about learning back in space, people stop me and say Tyler, what the hell are you talking about?. Well, let me tell you. If you haven't heard of re-studying, honey, you're wasting a lot of time studying. Basically, threaded back tabs help you separate the tabs you know well from the carriages you find difficult. From there, you will continually display your harder tickets more frequently and your light cars less frequently. It's basically a learning algorithm that will save you hours of study time. Although my carriages are quite decent, they use the standard tab-learning technique, which doesn't take tabs into account. The team above at Coach Academy has put together a deck of 700+ tickets back in space for ACSM that will save you hours of study time. ACSM Mnemonics For the hard parts if you asked me which research technique is best for keeping the information in your long-term memory, I would hands down to respond with research memory. Although tutorials, practice tests, and flashes are very helpful for studying in passing your personal training test, these do not help concrete the information in your long-term memory. That's where research years come in. By studying personal training concepts using strange, funny and unusual mnemonics, it will be much harder to forget these principles. That's true even years after you learned the material. I strongly suggest creating your dimensions or picking up some of these pre-made. The team above at Coach Academy has also created an excellent pack of 35+ mnemonics to help you study for the ACSM test. Okay, everybody, this is the end of my ACSM research portal. I hope you've greatly channeled the teaching materials. Be sure to come through here several times to use the research guide so that you can gain the knowledge to be an excellent personal trainer! Sorry, no results were found. Try targeting the search filtersFREE NASM CES Research Guide + Practice Test + Tabs for 2020FREE NASM PES Research Guide + Practice Test + Tabs for 2020NCSF vs. NASM – Which certificate is right for you? 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NFPT Review 2020– NFPT Cost vs. Value, Is NFPT Worth It? NETA 2020 review: Planted cost versus value, is planted worth it? Nesta Review 2020– NESTA Cost vs. Value, Is NESTA Worth It? NCSF Review 2020– NCSF Cost vs. Value, Is NCSF Worth It? ACSM CPT Review 2020 – ACSM vs. Value Cost, Is ACSM Worth It? NCCPT Review 2020 – Is NCCPT Valid? Let's find out! ISSA Review (2020) – Cost ISSA vs. Value, Is ISSA Worth It? Cooper Institute Review 2020 – Is the Cooper Institute Worth It? Key Training Tips for Beginners – Three Easy and Effective TacticsAFAA Review 2020 – AFAA Cost vs. Value, Is AFAA Worth It? Personal tips for beginner training – 3 tips to focus on! ACE Certification Review 2020 – Non-ACE Cost vs. Value, Is ACE Worth It? Personal training for graduates – what you need to know! Nasdaq CPT Review (2020) – Nassam Cost vs. Value, Is NASM Worth It? Tips for personal training of a small group – this is a situation where everyone benefits! Situation!

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