



# **Flashcard Study System for the ACSM Certified Clinical Exercise Specialist Exam: ACSM Test Practice Questions & Review for the American College of ... Clinical Exercise Specialist Exam (Cards)**

*ACSM Exam Secrets Test Prep Team*

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**\*\*\*Ace the ACSM Certified Clinical Exercise Specialist Exam and Get the Results You Deserve\*\*\***

The ACSM Certified Clinical Exercise Specialist exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our *ACSM Certified Clinical Exercise Specialist Exam Flashcard Study System* can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the ACSM Certified Clinical Exercise Specialist exam. **The Patient/Client Assessment section covers:**

- Pre-screening process
- Important assessments
- Assessing muscular strength
- Before beginning physical program
- Documentation
- Important Terms

**The Exercise Prescription section covers:**

- Exercise prescription
- Types of patients
- Resistance training
- Flexibility training
- Special considerations
- Important Terms
- Muscle training

**The Program Implementation and Ongoing Support section covers:**

- Stages of progression
- Modifications
- Biomechanics, kinetics, and kinematics
- Training systems
- Ankle and/or hand weights

**The Leadership and Counseling section covers:**

- Communication with clients

- Theories
- Encouraging adherence
- Peripheral artery disease (PAD)/intermittent claudication
- Effective communication of proper technique and feedback
- Young people
- Seniors
- Obesity

**The Legal and Professional Considerations section covers:**

- Interviewing Process
- Scope of practice for certified exercise specialists
- Basic first-aid procedures
- ACSM's code of ethics
- Privacy and confidentiality for clients
- FERPA and HIPAA laws

...and much more! We believe in delivering lots of value for your money, so the ***ACSM Certified Clinical Exercise Specialist Exam Flashcard Study System*** is packed with the critical information you'll need to master in order to ace the ACSM Certified Clinical Exercise Specialist exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. ***ACSM Certified Clinical Exercise Specialist Exam Flashcard Study System*** uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. ***ACSM Certified Clinical Exercise Specialist Exam Flashcard Study System*** can help you get the results you deserve.

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