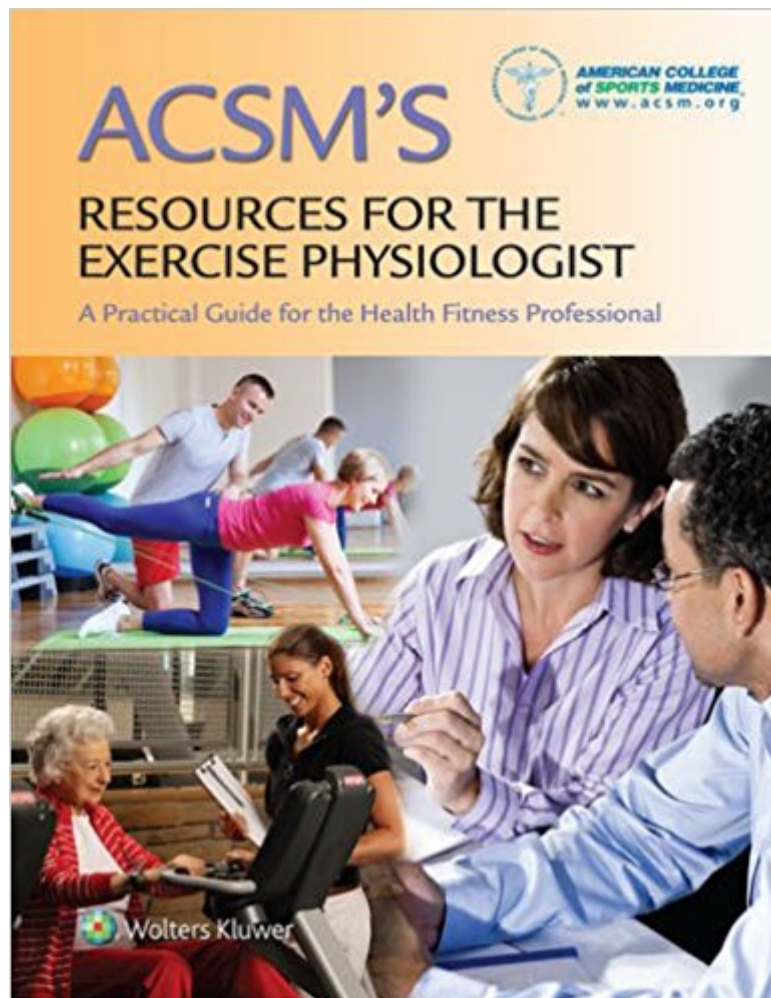




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ACSM's Resources For The Exercise Physiologist: A Practical Guide For The Health Fitness Professional



Synopsis

This valuable new resource is specifically designed for candidates for the ACSM[™]s Certified Health Fitness Specialist (HFS) and those personal trainers wanting to take their knowledge to the next level. It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice, The American College of Sports Medicine. The American College of sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

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This book from the ACSM is EXCELLENT for preparing for the Certified Exercise Physiologist exam from the ACSM. This book is laid out exactly like the test with the chapters of the book being laid out like the percentages of information that will be on the exam. I HIGHLY recommend this book to anyone that is preparing for this exam. If you read and memorize the information laid out in this book, you WILL pass the certification exam.

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