

ACSM

1954 - 2006

*Bridging the gap between
science and practice®*

ACSM
Certification
Resource
Center
2006
Catalog



AMERICAN COLLEGE
of SPORTS MEDICINE
www.acsm.org

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LWW.com/acsmrc

 Lippincott
Williams & Wilkins
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Invent, Influence, & Integrate!

The American College
of Sports Medicine (ACSM)
is a professional
membership society
comprised of respected
sports medicine and exercise
science experts
around the world.

- **50+ YEARS OF WORLDWIDE EXERCISE SCIENCE AND SPORTS MEDICINE**
- **30+ YEARS OF HEALTH AND FITNESS INDUSTRY CERTIFICATION EXCELLENCE**

ACSM provides the optimal professional development pipeline within the health and fitness industry through world-wide education, certification, and clinical leadership.

The membership is committed to information dissemination based on evidence-based science and best practices...

ACSM meetings and conferences contain exceptional educational programming:

- ◆ ACSM's Health & Fitness Summit & Exposition
- ◆ ACSM Annual Meeting
- ◆ ACSM Team PhysicianSM Courses
- ◆ Regional Chapter Meetings
- ◆ Scientific Roundtables

ACSM publications continue to be the standard for the entire landscape of the exercise sciences and sports medicine.

- **ACSM's Guidelines for Exercise Testing and Prescription**
- **ACSM's Health & Fitness Journal[®]**
- **Medicine & Science in Sports & Exercise[®]**
- **Exercise and Sports Sciences Review**



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Available in Back Pocket:
Membership Application
RCEP Application
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**AMERICAN COLLEGE
of SPORTS MEDICINE[®]**

Resources

General Certification and
Workshop Information /
Order Study Materials

www.lww.com/acsmcrc

1-800-486-5643

Exam Registration

www.pearsonvue.com/acsm

1-888-883-2276

Workshop Registration

www.acsm.org



New for 2006

The **ACSM Committee on Certification and Registry Boards (CCRB)** is pleased to announce that all ACSM certification exams will be delivered in a *computer-based testing (CBT)* format in 2006. For more information, visit page 15.

HEALTH & FITNESS Certifications



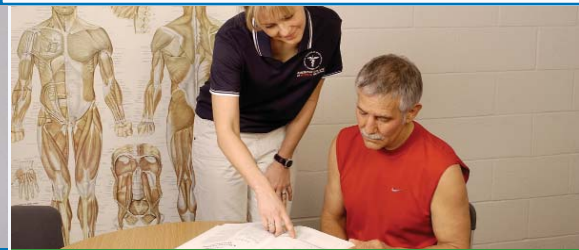
**ACSM certified Personal TrainerSM
(cPT) (pp. 4-5)**



**ACSM Health/Fitness Instructor[®] (HFI)
(pp. 6-7)**

Candidate Profile	College students, Individuals without a related degree, Older Professionals new to the field	New and recent graduates with health-related degrees, Experienced Health and Fitness Professionals
Typical Work Environment	University, corporate, commercial, or community/ public health settings	University, corporate, commercial, or community/ public health or hospital/clinical settings
Scope of Practice (abridged)	<ul style="list-style-type: none"> • Works with healthy individuals or those with medical clearance to exercise • Performs basic fitness assessments and field tests • Makes appropriate exercise recommendations 	<ul style="list-style-type: none"> • Works with special populations (elderly, obese, etc.) • Works with individuals with controlled disease • Competence in exercise testing and comprehensive exercise prescription • Competence in program administration
Eligibility Requirements	<ul style="list-style-type: none"> • High school diploma or equivalent • Current Adult CPR (with practical skills component) 	<ul style="list-style-type: none"> • Associate's degree in a health-related field • Eligible to sit for exam if in last semester of degree program • Current Adult CPR (with practical skills component)
Exam Specifications	Duration: 2.5 hours # of Questions: 120-150	Duration: 3 hours # of Questions: 125-150
Exam Costs	\$259 for non-ACSM Members \$219 for ACSM Members \$135 re-test	\$270 for non-ACSM Members \$220 for ACSM Members \$135 re-test
Workshop Details	1-day \$129 (for experienced professionals) 3-day (\$359) for individuals new to the field	2-day \$250
Recommended Study Materials	<ul style="list-style-type: none"> • <i>ACSM's Resources for the Personal Trainer</i>, current edition • <i>ACSM's Guidelines for Exercise Testing and Prescription (7th Edition)</i> • <i>ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (5th Edition)</i> • <i>ACSM's Certification Review Book (2nd Edition)</i> • <i>ACSM's Learning Portal</i> 	<ul style="list-style-type: none"> • <i>ACSM's Guidelines for Exercise Testing and Prescription (7th Edition)</i> • <i>ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (5th Edition)</i> • <i>ACSM's Certification Review Book (2nd Edition)</i>
Continuing Education Requirements	Accumulate 45 CEC's within a 3-year period and pay a \$30 recertification fee	Accumulate 60 CEC's within a 3-year period and pay a \$45 recertification fee
Benefits of ACSM Credentialing	<ol style="list-style-type: none"> 1. Employers prefer ACSM certified employees because it ensures a higher standard of knowledge and better service to clients. 2. HFI, ES, and RCEP certified professionals are capable of working with both apparently healthy clients and clients with chronic diseases and disabilities. 3. ACSM certified professionals can sign up for Spread the Word; a letter explaining your certification achievement sent directly from ACSM to your employer. 4. By enrolling in the ACSM ProFinder,[™] certified professionals can gain exposure in the market – your contact information will be available for other credentialed pros, potential employers, and the general public. 5. ACSM credentials establish a quality of care that today's society demands. 	

CLINICAL Certifications



ACSM Exercise Specialist® (ES) (pp. 8-9)



ACSM Registered Clinical Exercise Physiologist® (RCEP) (pp. 10-11)

Exercise Physiologists, Nurses, Physician Assistants, Athletic Trainers, Physical or Occupational Therapists, or other Allied Health Professionals	New and recent graduates with Master's degrees in Exercise Science, Exercise Physiology, or Kinesiology; Experienced Clinical Exercise Physiologists
University, Corporate, Commercial, Clinical, Rehabilitative, Hospital, Physician's offices, or Research-based clinical settings	In-patient or outpatient Clinical, Rehabilitative, Hospital, Physician's offices, or Research-based Clinical settings
<ul style="list-style-type: none"> • Works with individuals with controlled cardiovascular, pulmonary, and/or metabolic disease • Mastery of Clinical Exercise Testing and Data Interpretation • Competence in conducting and interpreting ECG's at rest and during exercise 	<ul style="list-style-type: none"> • Works with individuals referred by, or are currently under the care of, a physician • Works with individuals with cardiovascular, pulmonary, metabolic, orthopedic/musculoskeletal, neuromuscular, and/or immunological/hematological disease • Mastery of clinical exercise testing, data interpretation, complex exercise prescription and counseling
<ul style="list-style-type: none"> • Bachelor's degree in an allied health field • 600 hours minimum of practical experience in a clinical exercise program • Current Basic Life Support or CPR for the Professional Rescuer certification 	<ul style="list-style-type: none"> • Master's degree in Exercise Science, Exercise Physiology, or Kinesiology • 600 clinical hours specific to the 6 clinical practice areas
Duration: 3.5 hours # of Questions: 135-150	Duration: 3 hours # of Questions: 125-150
\$289 for non-ACSM Members \$239 for ACSM Members \$144.50 re-test	\$289 for non-ACSM Members \$239 for ACSM Members \$144.50 re-test
2-day \$250	2-day \$250
<ul style="list-style-type: none"> • ACSM's <i>Guidelines for Exercise Testing and Prescription (7th Edition)</i> • ACSM's <i>Resource Manual for Guidelines for Exercise Testing and Prescription (5th Edition)</i> • ACSM's <i>Certification Review Book (2nd Edition)</i> 	<ul style="list-style-type: none"> • ACSM's <i>Guidelines for Exercise Testing and Prescription (7th edition)</i> • ACSM's <i>Resource Manual for Guidelines for Exercise Testing and Prescription (5th edition)</i> • ACSM's <i>Resources for Clinical Exercise Physiology, current edition</i>
Accumulate 60 CEC's within a 3-year period and pay a \$45 recertification fee	Accumulate 60 CEC's within a 3-year period and pay a \$45 recertification fee

ACSM Exercise Specialists® receive \$30 discount on RCEP exam!

6. ACSM certified professionals have access to *ACSM's Certified News*, the quarterly print publication created just for you.
7. ACSM certified professionals have voting rights in Committee on Certification and Registry Boards elections which take place each spring.
8. ACSM certified professionals can assist others in getting certified by serving as an ACSM workshop host site as workshop director, workshop lecturer, or in supportive role.
9. ACSM certified professionals have access to ACSM identity marks, including business cards, letterhead, service brochures, CVs, personal files and/or Web sites.
10. ACSM certified professionals have access to/will be sent *ACSM's Certified e-News*, a monthly e-newsletter for the most up-to-date information on certification.

ACSM certified Personal TrainerSM



The ACSM certified Personal TrainerSM (cPT) is a fitness professional involved in developing and implementing an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise. Using a variety of teaching techniques, the cPT is proficient in leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science. The cPT is familiar with forms of exercise used to improve, maintain, and/or optimize health-related components of physical fitness and performance. The cPT is proficient in writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals to begin and to continue with their healthy behaviors.

Minimum Requirements

- A high school diploma or equivalent AND
- Possess current Adult CPR certification that has a practical skills examination component (*such as the American Heart Association or the American Red Cross*).

Recommended Competencies

- Demonstrate competence in the KSAs required of the cPT as listed in the Seventh Edition of *ACSM's Guidelines for Exercise Testing and Prescription*
- Adequate knowledge of and skill in risk factor and health status identification, fitness appraisal, and exercise prescription

- Demonstrate ability to incorporate suitable and innovative activities that will improve an individual's functional capacity
- Demonstrate the ability to effectively educate and/or communicate with individuals regarding lifestyle modification

Workshop Information

Three-Day Workshop

This is the exclusive workshop of the American College of Sports Medicine (ACSM), and is delivered by Fitness Resource Associates (FRA) for participants who are interested in attaining the new ACSM Certified Personal TrainerSM credential. FRA will help you attain the "gold standard" in Personal Trainer Certification, as well as the practical knowledge and skill needed to be a top-notch trainer in today's evolving fitness industry. This workshop provides state-of-the-art information in the exercise sciences, including updated ACSM and industry guidelines as well as behavioral objectives, dimensions of wellness and more. This is the ultimate hands-on preparation. Save \$30 on the ACSM certified Personal TrainerSM exam when you register through FRA.

Textbooks are recommended to review prior to attending

Friday 1:00pm–9:30pm
Saturday 8:00am–5:30pm
Sunday 9:00am–4:00pm

Although no formal post-secondary course work is required, ACSM cPT workshop candidates are expected to have weight training/weight room experience prior to attending the workshop.

One-Day Workshop

This program is designed for currently and previously certified personal trainers who feel confident in their basic knowledge of Exercise Physiology, Anatomy and Kinesiology. The program will give you updated ACSM and other pertinent industry guidelines as well as provide you with the opportunity to identify KSAs.

Practice and prepare to put the power of the new ACSM certified Personal TrainerSM credential behind your name.

Textbooks are recommended to review prior to attending
Sunday Only 9:00am–4:00pm

Workshops are not a prerequisite for certification. Workshop costs do not include the cost of the exam or study materials. The workshops are not intended to provide the full experience and knowledge necessary for ACSM certification. Workshop attendees can earn ACSM CECs for attending a workshop, however, these CECs can only be used for existing certifications. No CECs can be earned for ACSM certifications prior to becoming ACSM certified.

Workshop Cost:

Three-Day Workshop..... \$359
***20.75 ACSM CECs**

One-day Workshop..... \$129
***7.5 ACSM CECs**

*CECs are approximate

Registration: www.acsm.org

Workshop Registration

Workshop candidates can register on-line by visiting www.acsm.org and following the links to conference and certification registration. Candidates who register on-line will receive an automatic confirmation of registration. Information about workshop times and accommodations will be sent out by the workshop site prior to the workshop.



ACSM certified Personal TrainerSM

Exam Information

The written exam is delivered in a computer-based testing format, at any Pearson VUE authorized testing center. The exam contains approximately 125-150 multiple-choice questions based on KSAs (knowledge, skills, and abilities) distributed across the eight content areas.

Candidates will not be allowed to bring any materials or equipment into the examination area. A calculator will be provided within the exam. All formulas necessary to complete an answer will be made available within the exam as it is needed.

Exam Cost

Non-ACSM Members..... \$259
 ACSM Members*..... \$219
 Re-test \$135

Exam Registration

*For membership discount, please call ACSM at **317-637-9200, ext. 115** for your unique voucher number *before* registering for the exam. Membership candidates must have received a membership confirmation from ACSM in order to receive the discount.

- **ONLINE at**
www.pearsonvue.com/acsm
- **PHONE REGISTRATION in the United States and Canada:**
888-VUE-ACSM (883-2276)
- **See the global directory at:**
www.pearsonvue.com/contact/acsm
- **ON SITE REGISTRATION:**
Any Pearson VUE™ Authorized Center worldwide

Maintain Your Credentials

- 45 CECs every 3 years
- \$30 renewal fee every 3 years

Credentialed individuals must obtain CECs covering material that falls within the certified Personal TrainerSM KSAs listed in the *ACSM's Resources for the Personal Trainer*, current edition or *ACSM's Guidelines for Exercise Testing and Prescription*, 7th edition.

Exam Blueprint

KSAs Competency Area

	<i>percentages are approximate</i>
Exercise Physiology and Related Exercise Science	24%
Exercise Prescription (Training) and Programming	28%
Human Behavior	4%
Health Appraisal and Fitness Exercise Testing	13%
Safety, Injury Prevention and Emergency Procedures	8%
Nutrition and Weight Management	9%
Program Administration, Quality Assurance, and Outcome Assessment	4%
Clinical and Medical Considerations	10%

How to Prepare for Exam

- Know content in *ACSM's Resources for the Personal Trainer*
- Review scope of practice for the cPT (page 4)
- Review exam blue print (above)
- Know the Knowledge, Skills, and Abilities (KSAs) found in *ACSM's Guidelines for Exercise Testing and Prescription*, 7th edition.
- Attend a cPT workshop
- Complete courses and practice tests through ACSM Learning Portal
- Review optional study materials (page 17) for additional learning tools

Recommended Core Study Materials

- *ACSM's Resources for the Personal Trainer*, current edition..... \$32.95
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*, 5th Edition \$51.95
- *ACSM's Guidelines for Exercise Testing and Prescription*, 7th Edition..... \$32.95
- Study Kit of all 3 Core Study Materials\$98.95

TO ORDER CALL 1-800-486-5643 or visit LWW.com/acsmcrc

- ACSM certified Personal TrainerSM Practice Exam (100 questions)..... \$49.95
- On-Line Education Courses.....\$29.00-59.00

TO ORDER visit www.acsmlearning.org

Optional Study Materials

Please see page 17 for a complete list of optional study materials.

ACSM Alliance of Health and Fitness Professionals

A great way to increase the value of certification is to join the ACSM Alliance of Health & Fitness Professionals. You'll receive *ACSM's Health & Fitness Journal*[®]. Please see page 20 for more information. The application form is in the back pocket of this brochure or join online at www.acsm.org.

ACSM Health/Fitness Instructor®



The ACSM Health/Fitness Instructor® (HFI) is a degreed health and fitness professional qualified for career pursuits in the university, corporate, commercial, hospital and community settings. The HFI has knowledge and skills in management and administration and training and supervising entry level personnel. The HFI is skilled in conducting risk stratification, conducting physical fitness assessments and interpreting results, constructing appropriate exercise prescriptions and motivating apparently healthy individuals and individuals with medically-controlled diseases to adopt and maintain healthy lifestyle behaviors.

Minimum Requirements

- An Associate's Degree or a Bachelor's Degree in a health-related field* from a regionally accredited College or University (one is eligible to sit for the exam if the candidate is in the last term or semester of their degree program), AND
- Possess current Adult CPR certification that has a practical skills examination component (*such as the American Heart Association or the American Red Cross*).

**Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Health Care Administration, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Athletic Training, Physiology, Sports Management, Biology, Exercise Physiology, Human Performance, Health Science, Recreation Management/Science, Nutrition, Community Health, Public Health, and Health Promotion.*

International candidates please contact international site for prerequisites.

Recommended Competencies

- Demonstrate competence in the KSAs required of the ACSM Health/Fitness Instructor® and ACSM certified Personal TrainerSM as listed in the Seventh Edition of *ACSM's Guidelines for Exercise Testing and Prescription*
- Work-related experience within the health and fitness field
- Adequate knowledge of and skill in risk factor and health status identification, fitness appraisal, and exercise prescription
- Demonstrate ability to incorporate suitable and innovative activities that will improve an individual's functional capacity
- Demonstrate the ability to effectively educate and/or communicate with individuals regarding lifestyle modification
- Knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, nutrition, program administration, psychology, and injury prevention.

Workshop Information

Two-Day Workshop

The ACSM Health/Fitness Instructor® two-day workshop is designed to develop and enhance the knowledge base and practical skills of the participants. The curriculum has been developed so that didactic material and its practical application are scheduled in concert. In this way, the participant is better able to assimilate theory and practice. Workshops are an ideal way for candidates to prepare for the ACSM Health/Fitness Instructor® exam.

Workshops are not a prerequisite for certification. Workshop costs do not include the cost of the exam or study materials. The workshops are not intended to provide the full experience and knowledge necessary for ACSM certification. Workshop attendees can earn ACSM CECs for attending a workshop, however, these CECs can only be used for existing

certifications. No CECs can be earned for ACSM certifications prior to becoming ACSM certified.

NEW for 2006!

One-Day Workshop

A one-day workshop is available at select locations following the two-day workshop. The one-day workshop is designed to serve as a CEC opportunity for ACSM credentialed professionals and potential ACSM credentialed professions to receive CECs. The topic will vary from year to year and is designed to provide continuing education, not to serve as preparation for the ACSM Health/Fitness Instructor® exam. Contact ACSM at 317-637-9200 for the number of CECs that can be earned through this new opportunity.

Workshop Cost:

Two-Day Workshop..... \$250*
***15 ACSM CECs**

NEW for 2006!

One-Day Workshop..... \$125

Contact ACSM for CEC Information

All Three Days \$319

Registration: www.acsm.org

*\$25 discount for early-bird registration (30 days prior to workshop)
\$25 late registration fee (less than 7 days prior to workshop)*

*CECs are approximate

Workshop Registration

Workshop candidates can register on-line by visiting www.acsm.org and following the links to conference and certification registration. Candidates who register on-line will receive an automatic confirmation of registration. Information about workshop times and accommodations will be sent out by the workshop site prior to the workshop.

ACSM Health/Fitness Instructor®

Exam Information

The written exam is delivered in a computer-based testing format, at a Pearson VUE authorized testing center. The exam contains approximately 125-150 multiple-choice questions based on KSAs (knowledge, skills, and abilities) distributed across the nine content areas.

Candidates will not be allowed to bring any materials or equipment into the examination area. A calculator will be provided within the exam as it is needed. All formulas necessary to complete an answer will be made available within the exam as it is needed.

Exam Cost

Non-ACSM Members..... \$270
 ACSM Members*..... \$220
 Re-test \$135

Exam Registration

*For membership discount, please call ACSM at **317-637-9200, ext. 115** for your unique voucher number before registering for the exam. Membership candidates must have received a membership confirmation from ACSM in order to receive the discount.

- **ONLINE at**
www.pearsonvue.com/acsm
- **PHONE REGISTRATION in the United States and Canada:**
888-VUE-ACSM (883-2276)
- **See the global directory at:**
www.pearsonvue.com/contact/acsm
- **ON SITE REGISTRATION:**
Any Pearson VUE™ Authorized Center worldwide

Maintain Your Credential

- 60 CECs every 3 years
- \$45 renewal fee every 3 years

Credentialed individuals must obtain CECs covering material that falls within the Health/Fitness Instructor® KSAs listed in the *ACSM's Guidelines for Exercise Testing and Prescription, 7th edition*.

Exam Blueprint

KSAs Competency Area

	<i>percentages are approximate</i>
Exercise Physiology and Related Exercise Science	23%
Exercise Prescription (Training) and Programming	31%
Human Behavior	4%
Health Appraisal and Fitness Exercise Testing	12%
Safety, Injury Prevention and Emergency Procedures	7%
Nutrition and Weight Management	8%
Program Administration, Quality Assurance, and Outcome Assessment	8%
Pathophysiology and Risk Factors	5%
Electrocardiography and Diagnostic Techniques	1%
Medical and Surgical Management	1%

Recommended Study Materials

- *ACSM's Certification Review, 2nd Edition* \$36.95
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edition*..... \$51.95
- *ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition*..... \$32.95
- Study Kit of all 3 Core Study Materials\$110.00

TO ORDER CALL 1-800-486-5643 or visit LWW.com/acsmcrc

Optional Study Materials

Please see page 17 for a complete list of optional study materials.

Audit Process to Confirm Candidate Eligibility

All candidates who successfully complete the ACSM Health/Fitness Instructor® exam are subject to audit to confirm their eligibility status. In order to preserve the integrity of this credential, ACSM conducts routine audits of candidates who are granted this credential. If an individual is audited, you are required to provide official documentation (such as an academic transcript) to the ACSM National Office within 30 days of the initial request, confirming that you meet all eligibility criteria for this credential. ACSM reserves the right to revoke the credential of any individual that cannot verify their eligibility as part of the ACSM audit verification process.

ACSM Alliance of Health and Fitness Professionals

A great way to increase the value of certification is to join the ACSM Alliance of Health & Fitness Professionals. You'll receive *ACSM's Health & Fitness Journal*®. Please see page 20 for more information. The application form is in the back pocket of this brochure or join online at www.acsm.org.

ACSM Exercise Specialist®



Physiology, and Human Performance.

Recommended Competencies

- Demonstrate competence in the KSAs required of the ACSM Exercise Specialist®, ACSM Health/Fitness Instructor®, and ACSM certified Personal TrainerSM as listed in the Seventh Edition of *ACSM's Guidelines for Exercise Testing and Prescription*
- Ability to demonstrate extensive knowledge of functional anatomy, exercise physiology, pathophysiology, electrocardiography, human behavior/psychology, gerontology, graded exercise testing for healthy and diseased populations, exercise supervision/leadership, patient counseling, and emergency procedures related to exercise testing and training situations.

The ACSM Exercise Specialist® (ES) is a healthcare professional certified by ACSM to deliver a variety of exercise assessment, training, rehabilitation, risk factor identification, and lifestyle management services to individuals with or at risk for cardiovascular, pulmonary, and metabolic disease(s). These services are typically delivered in cardiovascular/pulmonary rehabilitation programs, physicians' offices or medical fitness centers. The ES is also competent to provide exercise-related consulting for research, public health, and other clinical and non-clinical services and programs.

Minimum Requirements

- A Bachelor's Degree in an allied health field* from a regionally accredited college or university (one is eligible to sit for the exam if the candidate is in the last term of their degree program); AND
- Minimum of 600 hours of practical experience in a clinical exercise program (e.g. cardiac/pulmonary rehabilitation programs, exercise testing, exercise prescription, electrocardiography, patient education and counseling, disease management of cardiac, pulmonary, and metabolic diseases, and emergency management); AND
- Current certification in Basic Life Support (BLS)

**Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Physiology, Biology, Exercise*

Workshop Information

Two-Day Workshop

The ACSM Exercise Specialist® two-day workshop is designed to develop and enhance the knowledge base and practical skills of the participants. The curriculum has been developed so that didactic material and its practical application are scheduled in concert. In this way, the participant is better able to assimilate theory and practice. Workshops are an ideal way for candidates to prepare for the ACSM Exercise Specialist® exam.

Workshops are not a prerequisite for certification. Workshop costs do not include the cost of the exam or study materials. The workshops are not intended to provide the full experience and knowledge necessary for ACSM certification. Workshop attendees can earn ACSM CECs for attending a workshop, however, these CECs can only be used for existing certifications. No CECs can be earned for ACSM certifications prior to becoming ACSM certified.

NEW for 2006!

One-Day Workshop

A one-day workshop is available at select locations following the two-day workshop. The one-day workshop is designed to serve as a CEC opportunity for ACSM credentialed professionals and potential ACSM credentialed professions to receive CECs. The topic will vary from year to year and is designed to provide continuing education, not to serve as preparation for the ACSM Exercise Specialist®. Please contact ACSM at 317-637-9200 for the number of CECs that can be earned through this new opportunity.

Workshop Cost:

Two-Day Workshop..... \$250*
***13.5 ACSM CECs**

NEW for 2006!

One-Day Workshop..... \$125

Contact ACSM for CEC Information

All Three Days \$319

Registration: www.acsm.org

*\$25 discount for early-bird registration
(30 days prior to workshop)
\$25 late registration fee (less than 7 days
prior to workshop)*

*CECs are approximate

Workshop Registration

Workshop candidates can register on-line by visiting www.acsm.org and following the links to conference and certification registration. Candidates who register on-line will receive an automatic confirmation of registration. Information about workshop times and accommodations will be sent out by the workshop site prior to the workshop.

ACSM Exercise Specialist®

Exam Information

The written exam is delivered in a computer-based testing format, at a Pearson VUE authorized testing center. The exam contains approximately 100-135 multiple-choice questions based on KSAs (knowledge, skills, and abilities) distributed across the eleven content areas.

Candidates will not be allowed to bring any materials or equipment into the examination area. A calculator will be provided within the exam. All formulas necessary to complete an answer will be made available within the exam as it is needed.

Exam Cost

Non-ACSM Members..... \$289
 ACSM Members..... \$239
 Re-test \$144.50

Exam Registration

*For membership discount, please call ACSM at **317-637-9200, ext. 115** for your unique voucher number *before* registering for the exam. Membership candidates must have received a membership confirmation from ACSM in order to receive the discount.

- **ONLINE** at www.pearsonvue.com/acsm
- **PHONE REGISTRATION in the United States and Canada:** 888-VUE-ACSM (883-2276)
- See the global directory at: www.pearsonvue.com/contact/acsm
- **ON SITE REGISTRATION:** Any Pearson VUE™ Authorized Center worldwide

Maintain Your Credential

- 60 CECs every 3 years
- \$45 renewal fee every 3 years

Credentialed individuals must obtain CECs covering material that falls within the Exercise Specialist® KSAs listed in the *ACSM's Guidelines for Exercise Testing and Prescription, 7th edition*.

Exam Blueprint

KSAs Competency Area

	<i>percentages are approximate</i>
Exercise Physiology and Related Exercise Science	10%
Exercise Prescription (Training) and Programming	19%
Human Behavior	5%
Health Appraisal and Fitness Exercise Testing	26%
Safety, Injury Prevention and Emergency Procedures	5%
Nutrition and Weight Management	2%
Patient Management and Medications	2%
Program Administration, Quality Assurance, and Outcome Assessment	2%
Pathophysiology and Risk Factors	10%
Electrocardiography and Diagnostic Techniques	17%
Medical and Surgical Management	6%

Recommended Study Materials

- *ACSM's Certification Review, 2nd Edition*\$36.95
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edition* \$51.95
- *ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition*.... \$32.95
- Study Kit of all 3 Core Study Materials\$110.00

TO ORDER CALL 1-800-486-5643 or visit LWW.com/acsmcra

Additional Resources

- College level textbooks in anatomy, physiology, pathophysiology, exercise physiology, and electrocardiography (including 12-lead and rhythm strip interpretation)

Optional Study Materials

Please see page 17 for a complete list of optional study materials.

Audit Process to Confirm Candidate Eligibility

All candidates who successfully complete the ACSM Health/Fitness Instructor® exam are subject to audit to confirm their eligibility status. In order to preserve the integrity of this credential, ACSM conducts routine audits of candidates who are granted this credential. If an individual is audited, you are required to provide official documentation (such as an academic transcript) to the ACSM National Office within 30 days of the initial request, confirming that you meet all eligibility criteria for this credential. ACSM reserves the right to revoke the credential of any individual that cannot verify their eligibility as part of the ACSM audit verification process.

ACSM Membership

An outstanding way to add value to any certification is an ACSM membership. A variety of membership categories are available. An application is in the back pocket. See page 20 for more information.

ACSM Registered Clinical Exercise Physiologist®



The ACSM Registered Clinical Exercise Physiologist® (RCEP) is an allied health professional who works in the application of exercise and physical activity for those clinical and pathological situations where it has been shown to provide therapeutic or functional benefit.

Minimum Requirements

Bachelor's Candidates

Available May 1, 2005 - May 31, 2006

- A Bachelor's degree from a college or university in exercise science, movement science, exercise physiology, or kinesiology prior to May 31, 2004.
- Current Certification as a Basic Life Support Provider or CPR for the Professional Rescuer (available through the American Heart Association or the American Red Cross).
- One of the Following:
 - ACSM Exercise Specialist® certification (current or expired) OR
 - 6000 hours of clinical experience (may be completed as part of the bachelor's degree)

Recommendation of hours for clinical experience

- Cardiovascular: 2000 hours
- Pulmonary: 1000 hours
- Metabolic: 1200 hours
- Orthopedic/Musculoskeletal: 1000 hours
- Neuromuscular: 400 hours
- Immunological/Hematological: 400 hours

Master's Candidates

Available May 1, 2005 - May 31, 2007

- Master's Degree from a college or

university in exercise science, movement science, exercise physiology, or kinesiology.

- Current Certification as a Basic Life Support Provider or CPR for the Professional Rescuer
- One of the Following:
 - ACSM Exercise Specialist® certification (current or expired) OR
 - 600 hours of clinical experience

Recommendation of hours for clinical experience

- Cardiovascular: 200 hours
- Pulmonary: 100 hours
- Metabolic: 120 hours
- Orthopedic/Musculoskeletal: 100 hours
- Neuromuscular: 40 hours
- Immunological/ Hematological: 40 hours

Recommended Competencies

- Demonstrate competence in the KSAs required of the ACSM Registered Clinical Exercise Physiologist®, ACSM Exercise Specialist®, ACSM Health/Fitness Instructor®, and ACSM certified Personal TrainerSM as listed in the Seventh Edition of *ACSM's Guidelines for Exercise Testing and Prescription*
- Ability to assess and treat patients at risk of or with chronic diseases or conditions where exercise has been shown to provide therapeutic and/or functional benefit. The RCEP provides scientific, evidence-based primary and secondary preventative and rehabilitative exercise and physical activity services to a variety of populations. The RCEP performs exercise screening, exercise testing, exercise prescription, exercise and physical activity counseling, exercise supervision, exercise and health education/promotion, and evaluation of exercise and physical activity outcome measures. The RCEP works individually and as part of an interdisciplinary team in clinical, community, and public health settings. The practice and supervision of the RCEP is guided by

published professional guidelines, standards, and applicable state and federal regulations. The practice of clinical exercise physiology is restricted to patients who are referred by and are under the care of a licensed physician.

Workshop Information

New for 2006!

The newly developed ACSM Registered Clinical Exercise Physiologist® two-day workshop is designed to develop and enhance the knowledge base of the participants. The curriculum has been developed so that didactic material and its practical application are scheduled in concert. In this way, the participant is better able to assimilate theory and practice. The primary focus of the workshop is to address the following practice areas: orthopedic/musculoskeletal, neuromuscular, immunological/hematological. Additionally, there will be a review of the cardiovascular, pulmonary and metabolic practice areas. Workshops are an ideal way for candidates to prepare for the ACSM Registered Clinical Exercise Physiologist® exam.

Workshop Cost:

NEW for 2006!

Two-Day Workshop..... \$250

Contact ACSM for CEC Information

Registration: www.acsm.org

\$25 discount for early-bird registration (30 days prior to workshop)

\$25 late registration fee (less than 7 days prior to workshop)

Workshop Registration

Workshop candidates can register on-line by visiting www.acsm.org and following the links to conference and certification registration. Candidates who register on-line will receive an automatic confirmation of registration. Information about workshop times and accommodations will be sent out by the workshop site prior to the workshop.

ACSM Registered Clinical Exercise Physiologist®

Exam Information

The written exam is delivered in a computer-based testing format, at a Pearson VUE authorized testing center. The exam contains approximately 125-150 multiple-choice questions based on KSAs (knowledge, skills, and abilities) distributed across the eight content areas.

Candidates will not be allowed to bring any materials or equipment into the examination area. A calculator will be provided within the exam. All formulas necessary to complete an answer will be made available within the exam as it is needed.

Exam Cost

Non-ACSM Members..... \$289
 ACSM Members..... \$239
Less \$30 for ACSM Exercise Specialist Discount (current or expired)
 Re-test \$144.50

Exam Registration

RCEP applications must be submitted to the ACSM National Center.

ACSM National Center,
 Certification Department 6022,
 Carol Stream, IL 60122-6022 USA

Candidates who have completed ACSM Exercise Specialist® include with your application:

- One official copy of your university transcript noting the degree of completion
- A summary description of the program study as written in the university catalog
- 2 photocopies of your transcript, summary description

Candidates who have **not** completed ACSM Exercise Specialist® include with your application:

- Same as above, **PLUS:**
 Completed Clinical Experience Documentation
- 2 photocopies of your transcript, summary description and **clinical documentation**

If you are approved to take the exam, you will receive a unique ACSM identification number to register with Pearson VUE for the exam. Application review takes approximately 3-4 weeks.

Exam Blueprint

KSAs Competency Area	percentages are approximate
Exercise Physiology and Related Exercise Science	19%
Exercise Prescription and Programming	21%
Human Behavior	5%
Health Appraisal and Fitness Exercise Testing	25%
Safety, Injury Prevention and Emergency Procedures	4%
Medical and Surgical Management	13%
Program Administration, Quality Assurance, and Outcome Assessment	4%
Pathophysiology and Risk Factors	9%

Re-test Candidates from 2004

RCEP retest candidates in their two-year recertification window of a pencil/paper exam should contact ACSM at 317-637-9200, ext. 115.

Re-test candidates from 2005 and 2006 will receive a re-test voucher number from Pearson VUE and can re-test within 15 days of their previous exam.

Maintain Your Credential

- 60 CECs every 3 years
- \$45 renewal fee every 3 years

Credentialed individuals must obtain CECs covering material that falls within the Registered Clinical Exercise Physiologist® KSA's listed in the *ACSM's Guidelines for Exercise Testing and Prescription, 7th edition*.

Re-certification candidates who also have the ACSM Exercise Specialist® will recertify their highest credential and pay a \$5 fee to renew each additional ACSM credential. See page 18 on cost and procedures for re-certification of multiple certifications

Recommended Study Materials

- *ACSM's Resources for Clinical Exercise Physiology*.....\$47.95
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edition*..... \$51.95
- *ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition*\$32.95

To order call 1-800-486-5643 or visit LWW.com/acsmcra

Additional Resource

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 2nd Edition; Human Kinetics

Optional Study Materials

Please see page 17 for a complete list of optional study materials.

ACSM Membership

An outstanding way to add value to any certification is an ACSM membership. A variety of membership categories are available. An application is in the back pocket. See page 20 for more information.

WORKSHOP and EXAM Information

Workshop Housing and Local Transportation

Information regarding housing and local transportation will be provided by the individual workshop sites. We strongly recommend registrants refrain from making any travel or hotel reservations until after receiving a confirmation letter from the Certification Department at ACSM (not from the site). ACSM is not responsible for travel or hotel expenses. Information will be mailed by the workshop host site prior to the event.

Workshop Site Cancellation

ACSM and workshop sites reserve the right to cancel their workshop up to 20 days prior to the beginning of the scheduled workshop session for any reason.* When a workshop is cancelled, candidates will be notified immediately and will have the option of transferring to a different site of their choice at no additional costs (contingent upon the enrollment limitations of the site) or receiving a complete refund of all workshop exam fees. Transfer and cancellation policies would apply to the new site location.

If, for any reason, sites cancel a workshop or if the site is full, ACSM is not responsible for expenses incurred beyond the enrollment fees.

*CPT workshops reserve the right to cancel 7 days prior to workshop start date.

International Candidates

ACSM offers ACSM Health/Fitness Instructor® and ACSM Exercise Specialist® workshops in many countries worldwide. In order to facilitate a smooth workshop experience for candidates, ACSM allows the international host sites to collect applications and fees for all candidates. If you are interested in attending a workshop in a country other than the United States, please visit the certification section www.acsm.org and determine the site you wish to attend. The Site Contact will be able to send you an application, explain the fee structure and cancellation policies, and direct you to someone that sells the study tools in your area. The Site Contact will also be able to tell you what language the workshop will be offered in at that site.

All exams will be available in computer-based testing format at Pearson Vue™ sites. Visit www.pearsonvue.com to find the testing site nearest you. The exams are offered in English at this time for computer-based testing. Spanish and simplified Chinese will be available in Spring of 2006.

Unfortunately, ACSM does not offer certification workshops in every country. If you would be interested in working with ACSM to bring ACSM Health/Fitness Instructor® and ACSM Exercise Specialist® workshops to your country, please contact the Certification Department at the ACSM National Center at certification@acsm.org.

ACSM Online Learning Portal www.acsmlearning.org

This premier online learning resource includes online exam preparation courses as well as a free diagnostic assessment; a PDF library with free newsletters, brochures, position stands and more; plus a complete practice exam that simulates the exam blueprint for the actual ACSM certified Personal TrainerSM exam.

Course Topic Areas:

1. Exercise Physiology and Related Exercise Science
2. Exercise Prescription (Training) and Programming
3. Health Appraisal and Fitness Exercise Testing
4. Nutrition and Weight Management
5. Clinical and Medical Considerations
6. Safety, Injury Prevention and Emergency Procedures
7. Human Behavior
8. Program Administration, Quality Assurance and Outcome Assessment

 Lippincott
Williams & Wilkins
a Wolters Kluwer business



New tools for certification!

Enhance your learning and certification preparation with the ACSM Online Learning Portal, www.acsmlearning.org



WORKSHOP and EXAM Information

Candidates Must Read, Understand, and Agree to All Policies Before Registering for a Workshop or Exam.

Workshop Transfer and Cancellation Policies

Requests for an ACSM Certified Personal TrainerSM, ACSM Health/Fitness Instructor[®] and ACSM Exercise Specialist[®] workshop transfer to a different site or enrollment cancellation must be sent via fax or email to the ACSM National Center. All requests must be received prior to the start date of the workshop.

- Transfer or cancellation requests emailed or faxed before the listed site workshop enrollment deadline will be charged a \$75 processing fee.
- Transfer or cancellation requests emailed or faxed after the listed site enrollment deadline are charged 50% of the original workshop fee.
- Transfer or cancellation requests emailed or faxed on the first day of the workshop will not be honored, and no money will be refunded.

FAX: 317.634.7817 **EMAIL:** certification@acsm.org

NOTE: All transfer requests are contingent upon the enrollment limitations of the transfer site. The ACSM National Center must receive the additional fee before the candidate can be registered at the transfer site.

Exam Cancellation (Pearson VUE™) Policy

Requests to cancel or transfer the ACSM certified Personal TrainerSM, Health/Fitness Instructor[®] and Exercise Specialist[®] certification must be made at least one business day in advance of the appointment. If the candidate does not reschedule or cancel, they will be billed for the exam. All transfer requests must be made either by calling Pearson Vue at 1-888-883-2276 or at www.pearsonvue.com. If the candidate does not arrive within 15 minutes of the scheduled start time, then the candidate is considered a no-show and has forfeited the exam, and will be charged for the exam.

Cancellations for the ACSM Registered Clinical Exercise Physiologist[®] exam will be charged a \$75 processing fee which will be handled through the ACSM National Office. Requests for cancellation can be emailed to certification@acsm.org. Cancellations after the scheduled exam will be charged for the exam and will not receive a refund.

Results and Retests

All exam candidates will receive their results immediately upon completion of the exam. In the case that a candidate needs to re-test the exam, a re-test voucher number will be included with the results. Candidates may re-test the exam after 15 days of the initial exam and as needed every 15 days thereafter.

Appeal/Complaint Policy

Any candidate may file a complaint with ACSM if he/she does not feel he/she was appropriately graded on the certifi-

cation exam or if he/she feels that there was a valid problem with the workshop or examination process.

When a candidate contacts the National Office with a complaint, the National Office will offer to resolve the issue, if possible. **The staff at the National Office are not allowed to release exam scores or copies of the written exam to anyone outside of the Committee on Certification and Registry Boards (CCRB).**

If the candidate still feels that his/her complaint is valid, then documentation needs to be sent to the National Office, in writing, either by e-mail or fax. Please include exam score sheet with a complaint letter if applicable.

If the complaint is about exam scores, it will be handled by the ACSM National Office. If the complaint is about the workshop guidelines, then the complaint and all contact information for the workshop will be sent to the appropriate Credentialing Chair (CC) and Account Representative (AR).

The AR is responsible for investigating workshop complaints and will provide a response to the appropriate CC within 30 days. Once a resolution has been agreed upon, if possible, by the AR and CC, the AR will contact the candidate directly as to the resolution. The AR will also communicate all findings with the National Office.

All documentation regarding appeals/complaints is kept on file indefinitely at the National Office.



EXAM DEVELOPMENT and IMPLEMENTATION

Development

Conducting a comprehensive Job Task Analysis (JTA) is a widely accepted "best practice" for certification organizations administering high-stakes exams. The JTA is an important step for either creating a new certification exam, or maintaining an existing certification exam. Third-party accrediting agencies, such as the National Commission for Certifying Agencies (NCCA), require JTA's as part of their compliance standards for program accreditation.

Basically, the JTA involves a comprehensive analysis of the knowledge, skills, and abilities (KSAs) that define each ACSM credential. These KSAs are categorized into specific content areas and are analyzed approximately every 3-4 years. The final KSA sets are published in the current

edition of *ACSM's Guidelines for Exercise Testing and Prescription* (Lippincott Williams & Wilkins). First, the current KSAs are reviewed and/or revised by volunteer subject matter experts. Next, the revised set of KSAs is evaluated by a larger population of appropriate certified professionals to determine the frequency, importance, and relevance of each specific KSA relative to the routine job responsibilities of individuals who have the credential. Additionally, these professionals also comment on additional KSAs that should be considered as new or emerging KSAs relevant for a given credential. Finally, the subject matter experts review and/or revise the KSAs as needed a final time, based on these results.

Based on the results of the JTA for each credential, the criticality of every KSA is determined, and this provides the basis for the exam blueprints (*below*). The exam blueprints help link the content of the exam directly back to the results of the JTA. For example, some content areas are more important than others, and as a result, account for

more questions on the exam than other content areas. Likewise, some individual KSAs are significantly more important than other individual KSAs, and may have multiple questions linked back to this specific KSA than other, less important KSAs.

KSAs Competency Area	cPT	HFI	ES	RCEP
Exercise Physiology and Related Exercise Science	24%	23%	10%	19%
Exercise Prescription and Programming	28%	31%	19%	21%
Human Behavior	4%	4%	5%	5%
Health Appraisal and Fitness Exercise Testing	13%	12%	26%	25%
Safety, Injury Prevention and Emergency Procedures	8%	7%	5%	4%
Nutrition and Weight Management	9%	8%	2%	N/A
Patient Management and Medications	N/A	N/A	2%	N/A
Program Administration, Quality Assurance, and Outcome Assessment	4%	8%	2%	4%
Clinical and Medical Considerations (cPT only)	10%	N/A	N/A	N/A
Pathophysiology and Risk Factors	N/A	5%	10%	9%
Electrocardiography and Diagnostic Techniques	N/A	1%	17%	N/A
Medical and Surgical Management	N/A	1%	6%	13%

* Percentages are approximate

EXAM DEVELOPMENT and IMPLEMENTATION

Implementation

Introduction

The ACSM Committee on Certification and Registry Boards (CCRB) is pleased to announce that all ACSM certification exams will be delivered in a computer-based testing (CBT) format in 2006. At present, the ACSM certified Personal TrainerSM and ACSM Registered Clinical Exercise Physiologist[®] exams are available via CBT. The two remaining exams, ACSM Health/Fitness Instructor[®] (HFI) and ACSM Exercise Specialist[®] (ES), will have both the written and practical sections of their current examination format integrated into a single comprehensive assessment instrument that will be delivered via CBT.

Background

The function of the CCRB credentialing process and certification program is to identify and recognize those individuals who have met the CCRB requirements for exam eligibility and have demonstrated a minimal level of knowledge and skill in various health and fitness occupations as defined by CCRB sponsored Job Task Analyses (JTAs). Foremost in every decision made by the CCRB is the effect on public safety. As a credentialing entity, the CCRB is committed, through its goals and objectives, to serve the public by identifying health and fitness professionals through its examination program, standards of practice, continuing education opportunities, and code of professional conduct for ACSM Certified Professionals. The specific Knowledge, Skills and Abilities (KSAs) resulting from the JTAs for all four of the above certifications can be found in Appendix F of *ACSM's Guidelines for Exercise Testing and Prescription, 7th edition* (Lippincott Williams & Wilkins).

Of primary importance to the CCRB are concerns relating to travel time and costs for the candidate, costs associated with administering the exam, exam security and the reliance on volunteers for successful exam delivery. It is with these concerns in mind that the CCRB decided to convert its remaining two exams to CBT format. There are currently dozens of medical specialties and other allied health professions that already successfully utilize CBT for their examinations, and the Board of Certification for Athletic Training recently made the decision to convert their Athletic Trainer exams to CBT format as well.

Evidence

From a psychometric perspective, low correlations exist between the written component and practical components of both the HFI and ES examinations, respectively. As a result, these two components are measuring separate and unique KSAs (i.e., each section of the exam measures different parts of the entry-level health and fitness professionals' KSAs).

Furthermore, this pattern of examination results over time indicates that performance on the practical component contributes less independent information to the overall pass versus fail decision for each candidate than does performance on the written component. In other words, candidates who pass the written component of the exams are highly likely to pass the practical component.

Action

Based on positive results from both the ACSM certified Personal TrainerSM and ACSM Registered Clinical Exercise Physiologist[®] CBT exams, in combination with a thorough review of CBT technology capabilities, the CCRB decided to convert the remaining two (HFI and ES) certification exams to a CBT format that will assess cognitive skills, decision making and practical skill applications as defined by the KSAs. The new CBT format will allow the CCRB to assess the candidates knowledge with regard to many skills and procedures required for higher level critical thinking to a degree not currently possible. Additionally, this method will allow the CCRB to evaluate techniques that could potentially cause serious harm to the population that the health and fitness professional serves. The new CBT format will allow greater breadth of skill and knowledge assessment because the constraints of equipment and space will no longer be limiting factors in the exam administration.



PASS RATES and EXAM SCORING

Pass Rates

The following information is a review of 2004 candidate participation and pass rates for the ACSM certified Personal TrainerSM (cPT), ACSM Health/Fitness Instructor[®] (HFI), ACSM Exercise Specialist[®] (ES), and ACSM Registered Clinical Exercise Physiologist[®] (RCEP).

Please note that the "credential awarded" represents only those candidates who successfully passed both the written and practical components of their respective exams if a practical was required.

Certification	Total Candidates Written	Pass Rate Written	Total Candidates Practical	Pass Rate Practical	Credentials Awarded
cPT	657	71%	N/A	N/A	466
HFI	1830	60%	1476	85%	1069
ES	319	63%	239	46%	121
RCEP	27	60%	N/A	N/A	16

* Candidate participation from December 2004 – August 15, 2005

Examination Specifications

The examination for each level of certification is composed of multiple choice questions drawn from the KSAs found in the 7th Edition of *ACSM's Guidelines for Exercise Testing and Prescription*. Each level of certification includes "trial" questions that are being tested for use in future examinations. These trial questions are randomly

distributed throughout the exam and will not be counted in the final results.

Due to the different KSAs required for each credential, each credential has a different number of questions and allotted exam time.

Credential Level	Operational (scored) questions	Experimental (non-scored) questions	Total Questions	Time Limit
ACSM Certified Personal Trainer SM	125-150	0-25	125-150	2.5 hours
ACSM Health/Fitness Instructor [®]	100-125	15-25	125-150	3.5 hours
ACSM Exercise Specialist [®]	100-135	15-35	135-150	3.5 hours
ACSM Registered Clinical Exercise Physiologist [®]	125-150	15-25	125-150	3 hours

Standardized Scoring

The passing score for all ACSM certification exams is set in advance and applied to all candidates' exam results. Similar to exam scoring for a wide variety of other high stakes, national standardized exams (e.g., GRE, SAT, GMAT, etc.), ACSM certification exams are reported on a 200-800 score scale.

Specifically, all candidates are expected to meet the passing standard of a scaled score of 550 in order to receive a "Pass" on any respective ACSM certification exam. This passing standard is based upon the expectations of the subject matter experts/test developers across all topics of the competency areas, as related to each respective credential's examination blueprint. Passing candidates are expected to

answer a sufficient number of test questions correctly that demonstrates a summative amount of knowledge at a level of at least minimal competency or the lowest acceptable score to pass the exam.

Finally, each content area is weighted proportionally, based on the results of a periodic comprehensive job task analysis/role delineation study. In other words, some content areas are more important (thus, have more questions) and count more with respect to the overall score than other content areas. On the score report, candidates receive their overall score, their pass/fail status, as well as a breakdown by each specific content area.

STUDY MATERIALS

Prices are in U.S. dollars and subject to change at any time. Order LWW study materials online at www.lww.com/acsmcra or call 1-800-486-5643. For information on non-LWW titles, please contact the appropriate publisher.

Title	Recommended ●		Optional ■	
	ePT	HFI	ES	RCEP
ACSM's Advanced Exercise Physiology; \$89.95 (0-7817-4726-0)			■	■
ACSM's Certification Review, 2ed; \$36.95 (0-7817-4592-6)	●	●	●	
ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 2ed; Human Kinetics		■	■	■
ACSM's Guidelines for Exercise Testing and Prescription, 7ed, \$32.95 (0-7817-4506-3)	●	●	●	●
ACSM's Health/Fitness Facility Standards and Guidelines, 2ed; Human Kinetics		■		
ACSM's Health Related Physical Fitness Assessment Manual; \$39.95 (0-7817-3471-1)	■	■		
ACSM's Metabolic Calculations Tutorial CD-ROM, version 1.0.a; \$37.95 (0-7817-3367-7)		■	■	
ACSM Online Learning Portal; www.acsmlearning.org	●			
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5ed; \$51.95 (0-7817-4591-8)	●	●	●	●
ACSM's Resources for Clinical Exercise Physiology; \$47.95 (0-7817-3502-5)				●
ACSM's Resources for the Personal Trainer; \$32.95 (0-7817-8745-9)	●			
Biomechanics of Human Movement, 2ed; Hamill & Knutzen, \$79.95 (0-7817-6306-1)	■	■		
Clinical Exercise Physiology, Erhman et al, Human Kinetics			■	■
Essentials of Strength and Conditioning, 2ed, Baechele and Earle, Human Kinetics		■	■	■
Exercise in Rehabilitation Medicine; Frontera, Dawons, and Slovik; Human Kinetics				■
Exercise Physiology; Powers and Howley, McGraw Hill	■			■
Exercise Physiology: Basis of Human Movement in Health and Disease; Brown, \$76.95 (0-7817-3592-0)			■	■
Exercise Physiology: Energy, Nutrition, and Human Performance, 5ed; McArdle, \$81.95 (0-7817-5270-1)	■	■		
Exercise Testing and Exercise Prescription: A Health Related Approach, 5ed; Nieman, Mayfield Publishing Company		■		
Health Fitness Instructor's Handbook, 4ed; Howley & Franks, Human Kinetics		■		
How to Use the ACSM Metabolic Equations, 2ed; Bibi & Zignon, PRC Publishing		■		
Muscle: Testing and Function, 5ed; Kendall, \$74.95 (0-7817-4780-5)		■		
Physical Examination of the Spine and Extremities, Hoppenfeld, Prentice Hall				■
Physiology of Sport and Exercise, 2ed; Wilmore and Costill; Human Kinetics	■	■		
Rehabilitation Medicine: Principles and Practice; DeLisa, \$199.00 (0-7817-1015-4)				
Resistance Training Instruction; Aaberg, Human Kinetics	■	■		
Strength Training Anatomy; Davalier, Human Kinetics	■	■		
Strength Training Anatomy for Women; Davalier, Human Kinetics	■	■		
Video Atlas of Human Anatomy, Acland DVD 1-6 Set, \$159.95 (0-7817-4068-1) Also available on videotape. Call the ACSM CRC at 1-800-486-5643 for more information.	■	■		■

Additional resources including brochures, ACSM Position Stands, and Grant information are available at www.acsm.org.

Maintaining Your CREDENTIAL

Earning Continuing Education Credits

To ensure ongoing competency and to maintain a high standard for certified professionals, every ACSM credential is reviewed on a three-year basis. Continuing certification/registration is granted to candidates who successfully:

1. Earn the required number of Continuing Education Credits (CECs), Continuing Medical Education Credits (CMEs), Continuing Education Units (CEUs), or the equivalent ,
2. Maintain a current cardiopulmonary resuscitation (CPR) certification; and
3. Pay the required three-year recertification/renewal fee.
OR the candidate also has the option to repeat the certification examination of that particular level of certification for which they wish to be recertified (if exam is available).

Individuals who obtain an ACSM certification prior to January 1, 2005 will be on a four-year renewal cycle until the scheduled renewal date. After the renewal, then the certification will be on the new three-year cycle.

The total number of CECs and recertification/renewal fees required for each certification/registry level for a three-year period are as follows:

Credential	No. of CECs	Recertification/ Renewal Fee
ACSM certified Personal Trainer SM	45	\$30
ACSM Health/Fitness Instructor [®]	60	\$45
ACSM Exercise Specialist [®]	60	\$45
ACSM Registered Clinical Exercise Physiologist [®]	60	\$45

**For the number of CECs required and the appropriate fee for ACSM credentials not listed above, please visit www.acsm.org.*

CECs can be earned the following ways after you become certified:

1. Attending professional education meetings, or taking continuing education self tests (such as those found in professional journals), that offer CECs, CMEs, or CEUs from ACSM or other nationally recognized organizations.
2. Taking and receiving a passing grade in a health/fitness or exercise science-related course from an accredited college or university that maintains or enhances professional development.
3. Authoring or co-authoring the publication of books, journal articles, or accepted abstracts.

4. Teaching academic courses; conducting classroom instruction; or presenting health, fitness, or clinical lectures in an organized professional conference.
5. Attending an ACSM certification workshop or an ACSM endorsed meeting or program.
6. Completing distance education or internet continuing education programs on specific clinical or health and fitness-related topics.

**If attending a program that is not endorsed by ACSM, please obtain CEC documentation. Examples of CEC documentation includes official continuing education certificate or letter stating amount of CECs earned.*

Audit Policies

At the time of recertification/renewal, you are only required to submit the ACSM Recertification/ Renewal Form, but you must retain all documented proof of obtained credits for one year. ACSM will audit a percentage of randomly selected ACSM Recertification/Renewal Forms. If audited, you will be required to provide documented proof of all credits to the ACSM National Office within 30 days. If you are unable to provide documented proof, you will be given a one-year grace period to complete the recertification/renewal process.

Certification and Registry Status

You are considered ACSM certified or registered during the three years that your credential is current. If you do not recertify, you are no longer considered ACSM certified or registered. If you are no longer ACSM certified or registered, you may not claim to be ACSM certified or registered.

Multiple Credentials

A certified or registered professional who has gained more than one ACSM certification can keep all ACSM certifications current. A \$5 fee is charged for all additional credentials that one wishes to keep current. For example, if one wishes to maintain both the ACSM Health/Fitness Director[®] and the ACSM Health/Fitness Instructor[®] certifications, the renewal fee would be \$85 (\$80 for the ACSM Health/Fitness Director[®] and \$5 for the additional ACSM Health/Fitness Instructor[®]).



The ACSM University Connection Endorsement Program

The ACSM University Connection Endorsement Program (UCEP) is designed to recognize institutions with educational programs that meet the knowledge, skills, and abilities (KSAs) specified by the ACSM Committee on Certification and Registry Boards (CCRB). These KSAs appear in Appendix A of *ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition*.

The ACSM UCEP was developed to assure program quality and consistency for associate's, bachelor's, and master's degree programs in health/fitness and clinical exercise physiology at colleges and universities.

As a UCEP student, you would receive a comprehensive and standardized curriculum that addresses the KSAs for both the ACSM Health/ Fitness Instructor® and the ACSM Exercise Specialist® certification examinations. Students of UCEP also receive a substantial discount on the ACSM certification examinations.

UCEP Student Examination Fees

Initial Exam	\$135.00	
Retest	\$135.00	
Workshop	\$150.00	2-Day
Workshop	\$75.00	1-Day
Workshop	\$200.00	All Three Days

UCEP students in the last semester of their degree program are eligible to sit for the ACSM certification examination. Contact your department chair or professor to receive a unique voucher code that you will use when signing up for the examination at a Pearson VUE testing center. This unique code will allow you to receive the discounted examination fee.

Please visit www.pearsonvue.com/acsm to find a Pearson VUE testing center near you.

Endorsed Programs*

Appalachian State University
 Augustana College
 Ball State University
 Boston University
 California Polytechnic State University
 California State University San Bernardino
 Creighton University
 East Carolina B University
 East Stroudsburg University
 Florida Atlantic University
 Indiana University
 Indiana University of Pennsylvania
 James Madison University
 Kansas State University
 Lane Community College
 Metropolitan State College of Denver
 Monroe Community College
 Montana Tech of the University of Montana
 Montgomery College
 Morehead State University
 New Hampshire Technical College
 North Carolina Wesleyan College
 North Dakota State University
 Northeastern University
 Northern Arizona University
 Ohio State University
 Ohio University
 Pepperdine University
 San Diego State University
 Santa Barbara City College
 Santa Fe Community College

Slippery Rock University of Pennsylvania
 South Dakota State University
 Southern Connecticut State University
 Springfield College
 Texas Tech University
 University of Evansville
 University of Georgia
 University of Louisiana at Monroe
 University of Maryland
 University of Memphis
 University of Nebraska Omaha
 University of North Carolina Charlotte
 University of North Carolina Greensboro
 University of Pittsburgh
 University of Sioux Falls
 University of South Alabama
 University of South Florida
 University of Texas at Arlington
 University of West Florida
 University of Wisconsin La Crosse
 Valdosta State University
 Virginia Commonwealth University
 West Virginia University
 Western Washington University
 Westfield State College
 Youngstown State University

*ACSM Endorsement vary by college or university. Please visit www.acsm.org to see the most current listing of endorsed programs.

ACSM MEMBERSHIP Information

ACSM provides two options to join. Option 1: Professional Membership Categories; and, Option 2: ACSM's Alliance of Health & Fitness Professionals.

ACSM Professional Membership Categories

ACSM offers memberships in the following categories.

Please refer to this list to determine membership qualifications:

- **Professional Member:** Shall have earned a bachelor's, master's, or doctoral degree at an accredited institution in a field related to health, physical education, or exercise science; or, shall have earned at least a bachelor's degree in another area, but be working in fields related to sports medicine or the exercise sciences.
- **Professional-in-Training Member:** Shall have earned a terminal degree at an accredited institution in a field related to the exercise sciences or sports medicine and presently be completing a program of residency or post-doctoral fellowship.
- **Associate Member:** Any person with an interest in the general area of sports medicine or exercise science, but who does not possess at least a bachelor's degree and does not qualify for any other category.
- **Graduate Student Member:** Shall have earned a bachelor's degree in a field related to exercise science or sports medicine and shall be carrying at least one-half of a full academic load, as defined by the attending institution, during at least one semester of a regular academic year.
- **Undergraduate Student Member:** Shall be a full-time undergraduate student in a field related to exercise science or sports medicine.

ACSM Member Benefits

All ACSM members receive the following:

- A subscription to ACSM's bimonthly e-newsmagazine, Sports Medicine Bulletin. Six issues annually inform members on certification, conferences, important new research, and College initiatives
- Access to and inclusion in the electronic ACSM Online Membership Directory
- Discounts on meeting registration and ACSM Certification exams; ACSM self-tests fees; and insurance and consumer products (i.e., rental car, hotel, etc.)
- MSSE® published page changes
- An ACSM Membership ID card
- Discounts through the ACSM job center
- ACSM member identity mark for use on print or Web sites

ACSM members in the Professional, Professional-in-Training, Graduate Student, and Undergraduate Student categories (*in addition to the items above*) ALSO Receive:

- Print and electronic subscription (12 issues) to ACSM's monthly scientific journal, *Medicine & Science in Sports & Exercise*® (a nonrefundable portion (\$28) from your membership dues is allocated to a one year subscription.)
- A subscription to the quarterly review of current research topics in exercise science found in *Exercise and Sport Sciences Reviews*

- Voting privileges within the College (except the Undergraduate Student category)

Membership Duration

National membership in the College is on a calendar-year basis (*January through December*), with the exception of the Alliance of Health and Fitness Professionals. The Alliance category is an anniversary year membership. ACSM does not prorate its dues. Application processing time is four to six weeks. If your membership begins mid-year, you will receive all of that year's publications as inventory permits. Please allow six to eight weeks for delivery of back issues. Applications received after August 1st will automatically be applied to the following year unless otherwise requested. Accepted membership applications are nonrefundable.

ACSM's Alliance of Health and Fitness Professionals

To best serve the unique needs of health and fitness professionals, ACSM has created an exceptional program: ACSM's Alliance of Health & Fitness Professionals. The Alliance is for those professionals or students in the health and fitness industry who want to concentrate their sports medicine interests, focusing on applied areas of health and fitness practice based on the very best science available.

The Alliance is available to all health and fitness professionals. All ACSM members enjoy discounts on consumer products, and travel services. In addition, they have the opportunity to purchase the best liability insurance available today.

The Alliance (Professionals or Students) receive:

- One-year subscription to ACSM's Health & Fitness Journal® — the premier bimonthly publication that is dedicated to "bridging the gap between science and practice®"
- Discounts on registrations to ACSM's Health & Fitness Summit & Exposition; registration for ACSM Certification examinations; ACSM self-tests; and insurance and consumer products
- Access to and inclusion in the electronic ACSM Online Directory
- One year subscription to Sports Medicine Bulletin
- An ACSM Alliance of Health & Fitness Professionals I.D. card
- ACSM member identity mark for print media or websites

Alliance Duration

The Alliance application is based on an anniversary year (*e.g., join in July, renew the following July*). ACSM does not prorate its dues. Application processing time is four to six weeks. **Accepted applications are nonrefundable.**

Code of Ethics

for ACSM Certified and Registered Professionals

This Code of Ethics is intended to aid all certified and registered American College of Sports Medicine credentialed professionals (ACSMCPs) to establish and maintain a high level of ethical conduct, as defined by standards by which an ACSM credentialed individual may determine the appropriateness of his or her conduct. Following is a brief summary of the approved Code of Ethics for ACSM certified and registered professionals. The entire code can be viewed at www.acsm.org.

PRINCIPLES and STANDARDS

Responsibility to the Public

- ACSMCPs shall be dedicated to providing competent and legally permissible services within the scope of the Knowledge, Skills, and Abilities (KSAs) of their respective credential. These services shall be provided with integrity, competence, diligence, and compassion.
- ACSMCPs provide exercise information in a manner that is consistent with evidence-based science and medicine.
- ACSMCPs respect the rights of clients, colleagues, and health professionals, and shall safeguard client confidences within the boundaries of the law.
- Information relating to the ACSMCP/client relationship is confidential and may not be communicated to a third party not involved in that client's care without the prior

written consent of the client or as required by law.

- ACSMCPs are truthful about their qualifications and the limitations of their expertise and provide services consistent with their competencies.

Responsibility to the Profession

- ACSMCPs maintain high professional standards. As such, an ACSMCP should never represent him/herself, either directly or indirectly, as anything other than an ACSMCP unless he/she holds other license/certification that allows him/her to do so.
- ACSMCPs practice within the scope of their knowledge, skills, and abilities. ACSMCPs will not provide services that are limited by state law to provision by another health care professional only.
- An ACSMCP must remain in good standing relative to governmental requirements as a condition of continued Credentialing.
- ACSMCPs take credit, including authorship, only for work they have actually performed and give credit to the contributions of others as warranted.
- Consistent with the requirements of their certification or registration, ACSMCPs must complete approved, additional educational course work aimed at maintaining and advancing their knowledge, skills and abilities.

You do not have to be a member of ACSM in order to earn or maintain an ACSM credential. However, we feel that ACSM membership, either as a Professional member, an Alliance member, or a Student member, dramatically enhances your educational and professional pursuits. We encourage you to review the numerous benefits associated with being a member of ACSM, and join today!

YOU'RE INVITED ACSM Conferences

ACSM
MSSM
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ADVANCED TEAM PHYSICIAN COURSE

American College of Sports Medicine
American Medical Society for Sports Medicine
American Orthopaedic Society for Sports Medicine

December 2006

Targeted to experienced and knowledgeable team physicians, athletic trainers, physical therapists and coaches concerned with management or prevention of injuries to the team athlete.



February 1-5, 2006,
Wyndham Orlando Resort,
Orlando, Florida

World-class faculty of Team Physicians from the professional, collegiate and high school level deliver this clinical course to physicians, residents, and athletic trainers.



April 11-14, 2006,
Buena Vista Palace in
the Walt Disney
World® Resort,
Orlando, Florida

Bridging the gap between science & practice®, this conference is the perfect way to meet over 1,500 health and fitness professionals,

including personal trainers, interested in improving the quality of life of their clients by making recommendations and influencing their buying decisions.



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