

New ACSM-CEP Guide by Jack

What do you need to study for the test?

There are two text books that I used to study for it.

1. ACSM's Guidelines for Exercise Testing and Prescription 10th edition (GETP 10)
2. ACSM resource manual guidelines for exercise testing and prescription 7th edition
3. EKG textbooks (Dubin textbook (orange cover) and Garcia textbook from EKG graduate

Course).

For GETP 10 did a nice job condense all materials that you need to know for CEP exam.

However, if you want to understand in detail (recommend), use resource manual for better understanding.

New ACSM-CEP exam consists of 125 questions. Need to receive score 550 or above to pass the exam.

What materials you need to know to pass the exam?

In GETP 10 read (must read),

Chapter 2: Exercise preparticipation health screening

Chapter 3: Pre-exercise Evaluation

Chapter 4: Health-Related Physical Fitness Testing and Interpretation

Chapter 5: Clinical Exercise Testing and Interpretation

Chapter 6: General Principles of Exercise Prescription

Chapter 7: Exercise Prescription for Healthy Population with Special

Considerations.

Chapter 8: Environmental Considerations for Exercise Prescription

Chapter 9: Exercise Prescription for Patients with Cardiac, Peripheral, Cerebrovascular, and Pulmonary Disease

Chapter 10: Exercise Prescription for Individuals with Metabolic Disease and Cardiovascular Disease Risk Factors.

Chapter 11: Exercise Testing and Prescription for Populations with Other Chronic Diseases and Health Conditions

Chapter 12: Behavioral Theories and Strategies for Promoting Exercise.

Appendix A: Common medications

Appendix B: Emergency Risk Management

In ACSM resource manual (if you need more understanding) read,

Chapter 6: Pathophysiology and Treatment of Cardiovascular Disease

Chapter 7: Pathophysiology and Treatment of Pulmonary Disease

Chapter 8: Pathophysiology and Treatment of Metabolic Disease

Chapter 10: Legal Considerations for Exercise Programming

Chapter 38: Exercise Prescription for Patients with Cardiovascular Disease

Chapter 39: Exercise Prescription for Patients with Pulmonary Disease

Chapter 40: Exercise Prescription for Patients with Diabetes

Chapter 41: Exercise Prescription for Patients with Comorbidities and Other Chronic Diseases

Chapter 42: Exercise Prescription for Patients with Osteoporosis

Chapter 43: Exercise Prescription for Patients with Arthritis

In EKG textbook, you need to know

Arrhythmias (Dubin Orange textbook chapter 5)

Blocks (Dubin Orange textbook chapter 6)

Axis (Dubin Orange textbook chapter 7)

Hypertrophy (Dubin Orange textbook chapter 8)

Infarction (Dubin Orange textbook chapter 9)

EKG lead placement

Normal healthy 12 lead EKG

Transmural and Subendocardial MI EKG