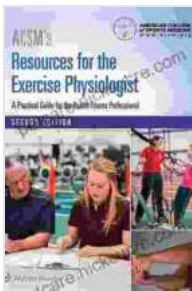


# ACSM Clinical Exercise Physiology: Comprehensive Guide to Exercise Prescription, Assessment, and Rehabilitation

The American College of Sports Medicine (ACSM) is a leading professional organization for sports medicine and exercise science professionals. ACSM's Clinical Exercise Physiology (CEP) certification is a nationally recognized credential that demonstrates a high level of knowledge and skills in exercise prescription, assessment, and rehabilitation.

CEP-certified professionals work in a variety of settings, including hospitals, clinics, fitness centers, and research institutions. They help people of all ages and abilities achieve their health and fitness goals. CEPs can help improve cardiovascular health, reduce body fat, increase muscle strength and endurance, and prevent or manage chronic diseases.



## ACSM's Clinical Exercise Physiology (American College of Sports Medicine)

★★★★☆ 4.8 out of 5

Language : English  
File size : 34696 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 808 pages



## ACSM Clinical Exercise Physiology Exam

The ACSM CEP exam is a challenging but achievable credential. The exam covers a wide range of topics, including:

- Exercise prescription
- Exercise assessment
- Exercise rehabilitation
- Cardiopulmonary exercise testing
- Metabolic assessment
- Body composition assessment
- Musculoskeletal assessment
- Neuromuscular assessment
- Special populations
- Professional ethics

To be eligible to take the ACSM CEP exam, candidates must have a bachelor's degree in exercise science, physical education, or a related field. Candidates must also have completed an accredited exercise science program and have at least 600 hours of supervised clinical experience.

The ACSM CEP exam is administered by the National Board of Certification (NBC). The NBC is a non-profit organization that provides certification for a variety of healthcare professions.

### **Preparation for the ACSM CEP Exam**

There are a number of ways to prepare for the ACSM CEP exam. Candidates can take a preparatory course, study on their own, or use a combination of both methods.

ACSM offers a self-paced online preparatory course that covers the entire exam content. The course includes interactive exercises, quizzes, and practice exams.

Candidates can also study for the exam on their own using a variety of resources, including textbooks, journal articles, and online materials.

### **ACSM Clinical Exercise Physiology Certification**

Candidates who pass the ACSM CEP exam will earn the CEP credential. The CEP credential is valid for five years. To maintain certification, CEPs must complete 40 hours of continuing education every five years.

ACSM CEPs are highly respected professionals who play a vital role in the healthcare system. CEPs help people of all ages and abilities achieve their health and fitness goals.

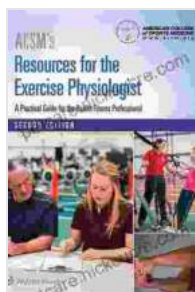
### **Benefits of ACSM Clinical Exercise Physiology Certification**

There are many benefits to becoming an ACSM CEP. Some of the benefits include:

- **Increased job opportunities.** CEPs are in high demand in a variety of settings.
- **Higher earning potential.** CEPs earn higher salaries than non-certified exercise professionals.

- **Greater credibility.** The ACSM CEP credential is a nationally recognized symbol of excellence.
- **Enhanced knowledge and skills.** CEPs have a high level of knowledge and skills in exercise prescription, assessment, and rehabilitation.
- **Professional growth.** CEPs are committed to professional growth and development.

ACSM Clinical Exercise Physiology is a rewarding career that offers a variety of opportunities. CEPs play a vital role in helping people of all ages and abilities achieve their health and fitness goals. If you are interested in a career in exercise science, the ACSM CEP certification is a valuable credential to pursue.

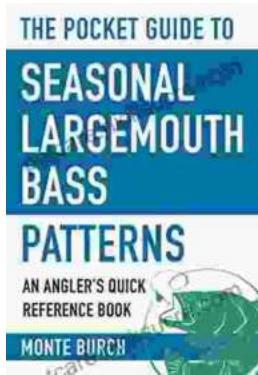


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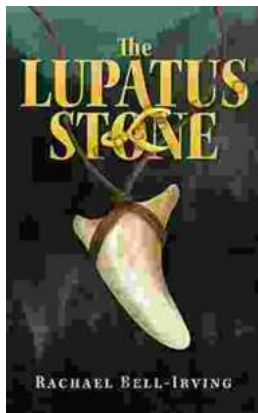
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