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Published by the American College of Sports Medicine, ACSM’s Resources for the Personal Trainer Fifth edition is the critical content for those seeking to gain ACSM’s Certified Personal Trainer certification, and those currently practicing. This title is now fully aligned to the tenth edition of ACSM’s Guidelines for Exercise Testing and Prescription, and includes the new pre-participation guidelines, which will be critical for those in the personal trainer field.

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30 ACSMs Resources for the Personal Trainers www.acsm.org Know the Goal As defined by James Prochaska’s transtheoretical model of behavior change (5), personal-training clients typically arrive in the “action” stage (see Chapter 7 for more information on the stages of change, processes of change, and decisional balance).

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