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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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