

Frequently Asked Questions

ACSM advises all exam candidates to review the candidate handbook:

www.acsm.org/candidatehandbook

When will the exam be available?

The exam is currently available on-demand, with immediate results at over 4300 locations through Pearson VUE authorized testing centers. Candidates may pick the date, time and location of their exam.

How can I register for the exam?

- 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

What should I expect when taking the ACSM/ACS Certified Cancer Exercise Trainer examination?

A body of knowledge delineated into Knowledge, Skills and Abilities (KSAs) has been developed specifically for the ACSM/ACS Certified Cancer Exercise Trainer by subject matter experts (SMEs). The SMEs developed the KSAs specifically for fitness professionals working with people affected by cancer.

The examination is composed of approximately 100-135 multiple choice questions drawn from the KSAs for the ACSM/ACS Certified Cancer Exercise Trainer. It 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.

You will not be allowed to bring any materials or equipment into the examination area. There are no calculations on the exam.

How long is the exam?

Exam Time: 180 minutes (3.0 hours)

Total Exam Seat Time: 205 minutes (3 hours, 25 minutes); includes eligibility verification, a tutorial and a non-disclosure agreement prior to exam and then a 10 minute comment period following the exam (not required).

What are the minimum requirements to take the exam?

- An ACSM or NCCA-accredited certification **AND**
- Certification in Adult CPR & AED **AND**
- Bachelor's Degree (in any field) **AND** 500 hours of experience training older adults or individuals with chronic conditions
OR 10,000 hours of experience training older adults or individuals with chronic conditions

Hours of experience with older adults or individuals with chronic conditions include: exercise testing, exercise prescription, group or individual training, group or individual client education, academic coursework and/or continuing education (relating to older adults or individuals with chronic conditions), internships or observational hours in an oncology setting and/or cancer rehabilitation program.

What is a common work setting for individuals seeking this certification?

- Commercial Health Clubs
- Community/public health settings
- Hospital/rehabilitative
- Research-based university/clinical
- Corporate Fitness Centers
- Private

What are the recommended study materials? How can I find them?

Free Resources

ACSM's *Certified News*, April - June 2007 Issue - www.acsm.org/certifiednews

The American Cancer Society www.cancer.org

<http://riskfactor.cancer.gov/areas/weight/>

<http://www.cancer.gov/cancertopics/factsheet/Risk/obesity>

<http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition>

<http://www.cancer.gov/cancertopics/chemotherapy-and-you>

<http://www.cancer.gov/cancertopics/factsheet/Detection/staging>

<http://www.cancer.gov/cancertopics/factsheet/Sites-Types/metastatic>

Oncology Nursing Society

<http://www.ons.org/clinical/prevention/risk/cancerRisk.shtml>

<http://www.cancersymptoms.org/neutropenia/index.shtml>

National Lymphedema Network

<http://www.lymphnet.org/>

Journal Articles

Doyle, C. et al. *CA: A Cancer Journal for Clinicians*. Nutrition and physical activity during and after cancer treatment: An American Cancer Society Guide for Informed Choices. 2006 Nov-Dec; 56(6):323-53.

<http://caonline.amcancersoc.org/>

Courneya, K.S., Mackey JR, McKenzie DC. Exercise for breast cancer survivors. *The Physician and Sportsmedicine*. 2002; 30 (8).

http://www.physsportsmed.com/issues/2002/08_02/courneya.htm

Schmitz, K. Controlled physical activity trials in cancer survivors: A systematic review and meta-analysis. *Cancer Epidemiology, Biomarkers & Prevention*. 2005; 14(7): 1588-1595.

<http://cebp.aacrjournals.org/cgi/content/full/14/7/1588?maxtoshow=&HITS=10&hits=10&RESU
LTFORMAT=&author1=Schmitz%2C+K&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT>

Lawlor, D., Fox, K., Stevinson, C. Exercise Interventions for cancer patients: systemic review of controlled trials. *Cancer Causes & Control*. 2004; 15: 1035-1056.

<http://www.jstor.org/journals/09575243.html>

Textbooks

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities

J. Larry Durstine and Geoffrey Moore

Human Kinetics

P. O. Box 507

Champaign, IL 61825-5076

1-(800)-747-4457

www.humankinetics.com

Breast Cancer Recovery Exercise Program, 2nd ed.

Anna Schwartz & Naomi Aaronson

Desert Southwest Fitness

<http://www.dswfitness.com>

Cancer Fitness: Exercise programs for patients and survivors

Anna Schwartz

Simon & Schuster

<http://www.simonsays.com>

Exercise and Cancer Recovery

Carol Schneider, Carolyn Dennehy, Susan Carter

Human Kinetics

P. O. Box 507

Champaign, IL 61825-5076

1-(800)-747-4457

www.humankinetics.com

Handbook of Cancer Survivorship

Michael (Ed) Feuerstein

Springer

New York, NY

<http://www.springer.com/public+health/book/978-0-387-34561-1>

Cancer symptoms management (3rd ed)

Connie Henke Yarbrow, Margaret Hansen Frogge, Michelle Goodman

Jones and Barlett Publishers

Sudbury, MA

<http://www.jbpub.com/catalog/9780763721428/>

Cancer Prevention and Management through Exercise and Weight Control

Anne McTiernan

Taylor & Francis Group

<http://www.taylorandfrancis.com>

Handbook of Cancer Survivorship

Micheal Feurstein

Exercise motivation and behavior change. (pp. 113-132).

Springer

www.springer.com (www.amazon.com)

How is the CET certification different from the other ACSM certifications?

The CET certification is a specialty certification that tests the competencies of fitness professionals desiring to work with individuals who have been affected by cancer, are apparently healthy or have the presence of known stable cardiovascular disease with low risk for complications with vigorous exercise and do not have any relative or absolute contraindications for exercise testing. Because the eligibility requirements include a current ACSM or NCCA-accredited certification, the candidate will already have a foundation in health and fitness competencies. The certification is designed to address specifically the knowledge, skills and abilities for working with individuals who have been affected by cancer.

Does the CET certification qualify me to practice in the capacity of other ACSM certifications?

The CET certification is intended for fitness professionals to support clients in this specific area at a level that is consistent with their pre-requisite certification.

For example, if an individual is eligible to take the CET certification exam because they hold an ACSM Certified Personal TrainerSM certification, then they are qualified to work with *apparently healthy clients or those who have been cleared by their physician to take part in independent physical activity*. They are required to stay within their scope of practice consistent with their personal trainer certification and the CET certification, if earned. The clients they are working with **must** be either apparently healthy or cleared by their physician to take part in independent physical activity.

If an individual holds the ACSM Certified Clinical Exercise Specialist certification they are qualified to work with clients or patients with cardiovascular, pulmonary or metabolic disease who require clinical supervision. Therefore if they hold the CET certification they are qualified to work with clients or patients that have been affected by cancer in addition to cardiovascular, pulmonary or metabolic disease.

Are there workshops to help me prepare?

Workshops are not currently available, however, there will be workshops available in the near future. Please check back for more information at a later date.

How can I find out where workshops are located?

Once there are workshops available, sites will be listed on www.acsm.org/register. Additionally, a workshop agenda will be provided at www.acsm.org/workshops.

What will the exam cost?

\$195 for non-ACSM Certified Professionals and \$150 for ACSM Certified Professionals. The cost of the re-test is \$125. To receive the ACSM Certified Professional discount, e-mail certification@acsm.org, include your full name and 6 digit ACSM ID number as listed on your certificate.

Is there an ACSM member discount?

There is not an ACSM membership discount for specialty certifications, however, there is an ACSM Certified Professional discount. See question above.

ACSM membership discounts apply to the ACSM Certified Personal TrainerSM, ACSM Certified Health Fitness Specialist, ACSM Certified Clinical Exercise Specialist and ACSM Registered Clinical Exercise Physiologist[®]. ACSM membership applications may be obtained by visiting www.acsm.org/join, both printable and online applications are available. To view membership categories, fees, and benefits, visit www.acsm.org/membership_options. Should you have additional membership related questions, email membership@acsm.org.

Where can I take the ACSM/ACS Certified Cancer Exercise Trainer exam?

At a Pearson VUE authorized testing center. There are over 4300 Pearson VUE authorized testing centers in 166 countries. To locate a testing center near you, please visit www.pearsonvue.com/acsm

After completing the exam, when will I receive my results?

You will receive your results immediately upon completion of the exam in a printed score report. The score report will include your scaled score out of 800 and the percent that you answered correctly in each competency. If you pass, a certificate will be sent to you in 6-8 weeks.

If I do not pass the exam, how quickly can I take a re-test?

Re-test candidates will receive a re-test promotional code (promocode) on the results printout. You may retake the exam 15 days following your initial exam and every 15 days following until a passing score is achieved.

What are the continuing education requirements?

Individuals who receive a passing score will be required to earn 15 continuing education credits specific to the ACSM/ACS Certified Cancer Exercise Trainer in addition to maintaining an NCCA-accredited certification and CPR certification.

Can I use the same continuing education credits (CECs) to renew the specialty certification that I use to renew my ACSM certification?

CECs from an ACSM certification can also be applied for a **ACSM/ACS Certified Cancer Exercise Trainer** if the content covered in the course includes information covered in the knowledge, skills and abilities (KSAs) of the specialty certification.

Will ACSM be offering continuing education opportunities for the specialty certification?

ACSM will be providing self-study opportunities for the specialty certification as well as working with programs that exist in the industry to award continuing education credits.

Can I earn continuing education credits for taking a specialty certification?

ACSM Certified Professionals can earn 10 ACSM CECs to apply for their current renewal cycle if they pass a specialty certification.

What other exams does ACSM offer?

ACSM currently offers four other certifications. ACSM Certified Personal TrainerSM, ACSM Certified Health Fitness Specialist, ACSM Certified Clinical Exercise Specialist and ACSM Registered Clinical Exercise Physiologist[®]. Additionally, ACSM offers another specialty certification, the ACSM/NCPAD Certified Inclusive Fitness Trainer. For more information, visit www.acsm.org/certification.

Are there more specialty certifications available through ACSM?

Yes, ACSM offers a specialty certification for fitness professionals to work with individuals with disabilities, the ACSM/NCPAD Certified Inclusive Fitness Trainer. Additional ACSM specialty certifications are planned. For all available exams, visit www.acsm.org/certification.

Will the ACSM/ACS Certified Cancer Exercise Trainer exam be available internationally?

Yes, the **ACSM/ACS Certified Cancer Exercise Trainer** exam will be available in English at any Pearson VUE authorized testing center worldwide. Please visit www.pearsonvue.com/acsm for international testing centers.

Is the ACSM/ACS Certified Cancer Exercise Trainer exam available in foreign languages?

Translated exams will be made available in different languages as demand dictates. Currently, the exam is available at any worldwide Pearson VUE authorized testing center in English.

What is the passing score for the ACSM/ACS Certified Cancer Exercise Trainer exam?

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 (either by a percentage or a sub-section scale score, respectively).