***2018 ACSM Group Exercise Instructor (ACSM-GEI) Exam Changes***

**Q: Will the Group Exercise Instructor (ACSM-GEI) have a new exam content outline in 2018?**

A: Yes. The 2012 GEI JTA will remain in effect until December 2, 2018. Starting December 3, 2018, ACSM-GEI exam candidates will be tested on the [2018 ACSM-GEI exam content outline](https://www.acsm.org/docs/default-source/default-document-library/get-stay-certified/exam-content-outlines/acsm-certified-group-exercise-instructor-exam-content-outline.pdf?sfvrsn=e214637e_2).

**Q: How do I prepare to take the new exam?**

A: Candidates should be familiar with Guideline of Exercise Testing and Prescription, 10th Edition (GETP 10) and current ACSM position stands, consensus statements, and related industry white papers related to the [ACSM-GEI JTA](https://www.acsm.org/docs/default-source/certification-documents/acsm-gei_jta-(2018)-(1).pdf?sfvrsn=203029a6_2).

ACSM preparation resources can be found midway down [the GEI webpage](https://www.acsm.org/get-stay-certified/get-certified/health-fitness-certifications/gei).

**Q: What will change on the ACSM-GEI exam?**

A: Please review the [ACSM-GEI 2012-2018 crosswalk document](https://www.acsm.org/docs/default-source/certification-documents/acsm-gei-(2010-2018)-crosswalk.pdf?sfvrsn=aa2c42fe_2) to see high-level changes to the certification program.

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| Performance Domains (2010) | | Performance Domains (2018) | |
| Domain I: Participant and Program Assessment | 10% | Domain I: Class Design | 30% |
| Domain II: Class Design | 25% | Domain II: Leadership | 25% |
| Domain III: Leadership and Instruction | 55% | Domain III: Instruction | 30% |
| Domain IV: Legal and Professional Responsibilities | 10% | Domain IV: Professional Responsibilities | 15% |

**Q: What are the key changes to 10th Edition of ACSM's Guidelines to Exercise Testing and Prescription (GETP 10)?**

A: An overview of the substantive changes to the industry can be found in the [Guidelines for Exercise Testing and Prescription, 10th Edition (GETP 10)](https://shop.lww.com/ACSM-s-Guidelines-for-Exercise-Testing-and-Prescription/p/9781496339065); e.g., exercise preparticipation screening algorithm, exercise prescription for healthy populations, behavioral theories and strategies for promoting exercise.

* A pre-recorded webinar of key changes to GETP 10 can be found be found [here](https://edsaleslww.webex.com/ec3100/eventcenter/recording/recordAction.do?theAction=poprecord&siteurl=edsaleslww&entappname=url3100&internalRecordTicket=4832534b00000004a8a57a891f0d45a6764fbdd8948afa41d5c5148c51370ba1985b6a40d8cb4533&renewticket=0&isurlact=true&format=short&rnd=4223276156&RCID=933363547e530ab0fe9e8603dcb81767&rID=57477922&needFilter=false&recordID=57477922&apiname=lsr.php&AT=pb&actappname=ec3100&&SP=EC&entactname=%2FnbrRecordingURL.do&actname=%2Feventcenter%2Fframe%2Fg.do).
* Overview of the updated exercise preparticipation health screening can be found [here](https://certification.acsm.org/preparticipation).
* Application of ACSM's Updated Exercise Preparticipation Health Screening Algorithm can be found [here](https://certification.acsm.org/blog/2017/august/application-of-acsms-updated-exercise-preparticipation-health-screening-algorithm).
* Purchase GETP 10 from Wolters Kluwer here.

[ACSM's Guidelines for Exercise Testing and Prescription](https://shop.lww.com/ACSM-s-Guidelines-for-Exercise-Testing-and-Prescription/p/9781496339065)