

Preparation for the Certification Exam
ACSM/NSPAPPH Physical Activity in Public Health Specialist

There are several suggested resources to assist in the preparation for the ACSM/NSPAPPH Physical Activity in Public Health Specialist (PAPHS) certification exam including:

- Websites to familiarize you with tools and resources
- On-line articles or guides
- Knowledge, skills, and abilities
- Comprehensive books/tools on physical activity in public health promotion

Preparing to study

Step One:

Visit the National Society of Physical Activity Practitioners in Public Health (NSPAPPH) or American College of Sports Medicine (ACSM) websites.

Visit the www.nspapph.org certification site and research the PAPHS certification fast facts, or can also be accessed here: <http://www.nspapph.org/wpsite/wp-content/uploads/2010/08/NSPAPPH-Flyer-Jan09.pdf>.

Visit the Physical Activity in Public Health Specialist page on the ACSM website at: <http://certification.acsm.org/acsm-physical-activity-in-public-health-specialist>

Step Two:

Look at the “Knowledge, Skills, and Abilities” document to identify the areas you feel competent in and use it to guide you through additional study needs. This document can be found at: http://certification.acsm.org/files/file/PAPHS_KSAs.pdf

Step Three:

Now that you know the competency areas and the weighting on the exam, how competent are you in those areas? You can take a practice exam. Fifteen free practice questions are available at: www.acsmlearning.org. This diagnostic assessment lets you know the competency area(s) you need to spend more time in preparation and study.

Step Four:

Some of the study material listed is available at no cost on the websites below. Additional study material is currently under development and will be released in Spring 2012.

Study Tools

ACSM/NSPAPPH Physical Activity in Public Health Specialist Certification Exam Preparation Course:

This course was developed in conjunction with the American College of Sports Medicine (ACSM) and the National Society of Physical Activity Practitioners in Public Health online course will help you prepare for the Physical Activity in Public Health Specialist (PAPHS) certification exam. It's also a perfect resource for public health practitioners and other health professionals looking to better understand the role of physical activity in public health. Online course includes *Foundations of Physical Activity and Public Health* textbook. ACSM also grants 5 CEC upon completion of the course.

For more information visit: <http://www.humankinetics.com/products/all-products/ACSMNSPAPPH-Physical-Activity-in-Public-Health-Specialist-Certification-Exam-Preparation-Course-T>

Books

Foundations of Physical Activity and Public Health is the first textbook to define the intersection of kinesiology and public health and combine them into a clear picture of how the two fields interact. It details the planning, implementation, and evaluation of successful physical activity promotion programs.

For more information visit: <http://www.humankinetics.com/products/all-products/foundations-of-physical-activity-and-public-health>

David R. Brown, Gregory W. Heath, and Sarah Levin Martin, editors ; Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. **Promoting Physical Activity: A Guide for Community Action.** 2010. 2nd ed. Champaign, IL: Human Kinetics.

American College of Sports Medicine. **ACSM's Guidelines for Exercise Testing and Prescription.** 2009. 8th ed. Philadelphia, PA: Lippincott Williams & Wilkins.

Guides

Task Force on Community Preventive Services. (2005). The Community Guide to Preventive Services: What Works to Promote Health. Available at: <http://www.thecommunityguide.org/pa/index.html>

US Department of Health and Human Services. **Physical Activity Evaluation Handbook.** Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention; 2002. Available at: http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/interventions/index.htm

Websites

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity: <http://www.cdc.gov/physicalactivity/index.html>

National Physical Activity Plan: <http://www.physicalactivityplan.org/>

2008 Physical Activity Guidelines for Americans: <http://www.health.gov/paguidelines/>

Healthy People 2020: <http://healthypeople.gov/2020/>