

One Size Does NOT Fit All

Build Your Personal Certification Exam Prep Plan

At ACSM, we recognize you are busy, unique and have your own preferences for studying. That's why we provide study options in multiple formats so you can choose the approach that works best for you.

ACSM Study Tips

Study Timeline

Create a timeline that works for you. ACSM recommends that you allow for three to six months to study for an exam.



Exam Content Outlines

Your blueprint for the exam. ACSM has an outline for each of our certifications. Choose the one that's right for you.



Textbooks

Traditional study materials support any exam prep plan. ACSM publishes multiple textbooks that are available for most of our exams.



Facebook Study Groups

Join one of our Facebook Study Groups and interact with a community of peers who are either preparing for the exam or have already passed and can provide you with helpful tips.



Workshops

If you are a hands-on learner, ACSM offers exam preparation workshops for the following exams: Certified Personal Trainer, Certified Exercise Physiologist and Group Exercise Instructor.



Practice Questions

ACSM's prepU offers a customized approach to studying. The online program identifies proficiency gaps and adapts questions to ensure you are focusing on the right content.

