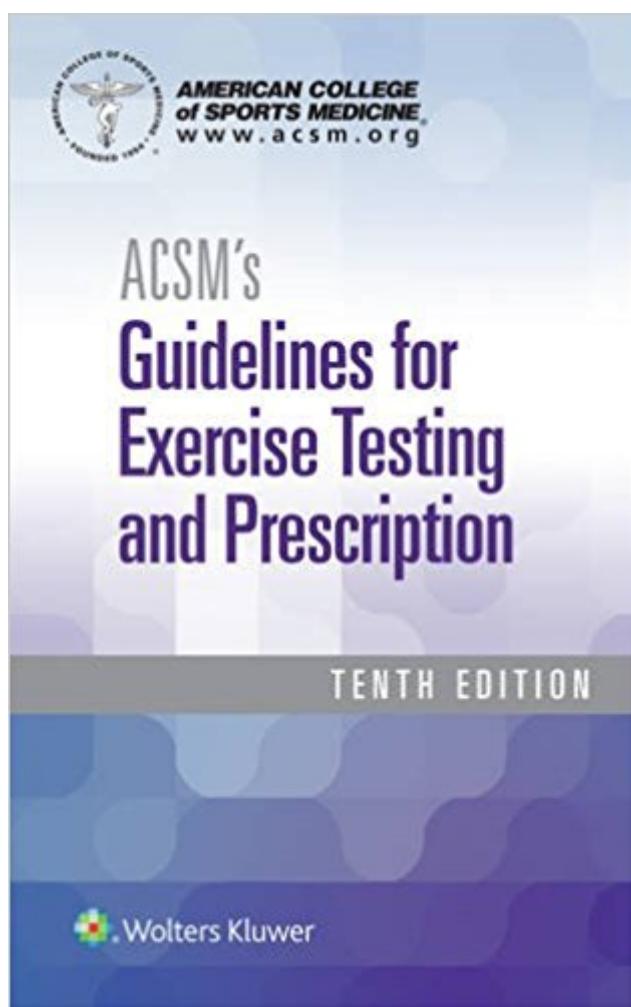


The book was found

ACSM's Guidelines For Exercise Testing And Prescription



Synopsis

ACSM's Guidelines for Exercise Testing and Prescription is the flagship title from the American College of Sports Medicine, the prestigious organization that sets the standards for the exercise profession. This critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. This manual gives succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients. The tenth edition reflects some crucial and exciting changes, making the content necessary for effective study and practice. New pre-exercise health screening recommendations are critical to helping more of the population begin a safe, healthy physical activity program without consulting a physician. New and expanded information on the risks of sedentary behavior, clinical exercise testing and interpretation, high intensity interval training, musculoskeletal injury risk, fitness testing protocols and norms, and an expansion of the principles of health behavior change are included. Additionally, significant reorganization of content will help you reach the information you need quickly. This manual is an essential resource for all exercise professionals, as well as other health professionals who may council patients on exercise including physicians, nurses, physician assistants, physical and occupational therapists, dieticians, and health care administrators.

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Customer Reviews

Always the consensus source but don't expect practical exercise implementation examples

Lots of new information!! This revision was pretty large!

Great information if you plan to read it front to back. Navigation on Kindle is impossible. Index gives page numbers with no way to go to a page - only a location. Now I have to go ahead and buy the print version.

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Book was in great condition!!

Excellent book to have and study for your Acsm pt exam

Very good

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