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Exercise Prescription - American College of Sports Medicine

The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest ...

ACSM's Guidelines for Exercise Testing and Prescription

ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition. Editor: Whaley, Mitchell H., PhD, FACSM Bibliographic Data: (ISBN: 0-7817-4506-3, Lippincott Williams & Wilkins, 2006, \$32.95) 366 pages, spiral bound cover. Subjects: Sports Medicine. DESCRIPTION: This is the seventh edition of a resource for professionals who advocate physical activity and contains the current ...

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Get this from a library! ACSM's guidelines for exercise testing and prescription. [Deborah Riebe; Jonathan K Ehrman; Gary Liguori; Meir Magal; American College of Sports Medicine,] -- 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 ...

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ACSM Guidelines for Aerobic Exercise Prescription. aerobic exercise. general recommendation. frequency. intensity. ... ACSM's Exercise Testing & Prescription Abbreviations. AACVPR. ABI. ACC. ACE-1. American Association of Cardiovascular and Pulmonary Rehabil ...

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ACSM's Guidelines for Exercise Testing and Prescription

By popular demand, ACSM's Guidelines for Exercise Testing and Prescription - our flagship title- is available for pdf download. For this month's featured download, we're offering Chapter 1 of the 10th edition. This introductory chapter serves as a great example of what you'll find in the most recent edition.

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ACSM's Guidelines for Exercise Testing and Prescription ...

This chapter addresses specific guidelines for physical activity and/or exercise programming. This chapter also presents the new guidelines from the American College of Sports Medicine (ACSM) as published in the 10th edition of the ACSM's Guidelines for Exercise Testing and Prescription (GETP10) (2).

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2011 ACSM Positions Statement • Requires a graded exercise test to determine maximum rate • Heart Rate Reserve incorporates both HR max and HR rest ... • Exercise Prescription\Watts_to_METs_Conversions.pdf
Categories of Exercises in METS . Physical activity . MET .

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