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This book by the American College of Sports Medicine is an invaluable resource for anyone in the field of Exercise Physiology or other related fitness fields. I use it on a regular basis as a quick reference guide for fitness testing and

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All healthy adults aged 18-65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity

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aerobic activity for a minimum of 20 min on three days per week. Every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week.

Physical Activity Guidelines

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In considering the use of exercise testing in individual patients, the following factors are important: 1. The quality, expertise, and experience of the professional and technical staff performing and interpreting the study 2. The sensitivity, specificity, and accuracy of the

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technique 3.

ACC/AHA Guidelines for Exercise Testing

The American College of Sports Medicine (ACSM) promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

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Prescription and
elaborates on all major
aspects of preventative
rehabilitation and
fitness programs and
the major position
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ACSM's Resource Manual for Guidelines for Exercise Testing ...

ASSESSMENT: The
team of distinguished
authors, led by Senior
Editor Mitchell H.

Whaley, PhD, has

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continued the huge success of ACSM's Guidelines for Exercise Testing and Prescription. This edition has been updated to include the most current information and several new sections. This is a must-have resource for anyone in fields related to exercise testing and prescription.

ACSM's Guidelines
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- Assess fitness and functional activity level
- Ask about exercise and recreational interests
- Ask what would be a good starting level of effort
- Emphasize the “regular” and “daily”, not the exercise
- Suggest enlisting friends or partners in an exercise activity
- Encourage, educate, empathize!!

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that is in line with
Guidelines parameters.

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Description ACSM's
Clinical Exercise
Physiology adapts and
expands upon the
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