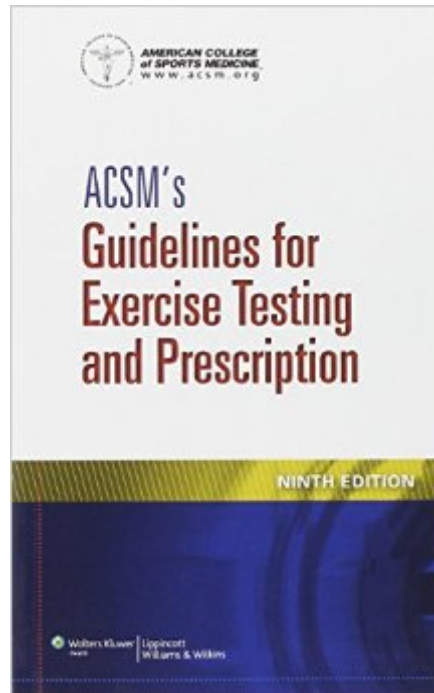


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# ACSM's Guidelines For Exercise Testing And Prescription



## Synopsis

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 research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual gives succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

## Book Information

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## Customer Reviews

The spiral binding came apart almost immediately and I had to continuously fight to keep the pages together. I ended up losing quite a few of the pages from the binding all together and was unable to put them back into place, so the book basically became a stack of small little papers. I would definitely recommend getting the paperback or an electronic version if possible over the spiral-bound version that I got. The book is great in terms of content though. The book has recommendations for all sorts of different populations, which is extremely helpful when working with someone with comorbidities that you have to keep in mind. Though unless someone referenced a

page number for me in class, I had a relatively hard time finding this information when looking for it. Recommendations are also made by gender and age so you can be very precise when going into testing about goals for maximal performance and afterwards putting them into a percentile.

The information in this book is evidence based and the writing is easy to read and to understand. here are many tables that make it easy to understand or compare information. One thing I really like about this book is that it gives exercise prescription for many different types of population and for people with different comorbidities. It's a good reference book if you want to get the best and latest info on how to best prescribe exercise for your patients, clients or just for your own personal knowledge.

Don't listen to the meat-heads at the gym. Do some research, and read this book. Easy enough to anyone wanting to get into shape to use. Good guidelines and precautions for any condition, pregnancy, diabetes, and older adults. Plenty of actual research to back up the suggestions inside, not just some gym rat's opinion.

This is an awesome manual - I'll probably keep it forever. ACSM is one of the leading fitness professional organizations and you can feel confident that they have the most up-to-date and accurate information available. It is a fairly easy read compared to the typical 500+ page textbook. The only reason it gets 4 out of 5 stars is because within a month of getting it, the spiral-bound cover had already slipped off. Still a great value!

I ordered this updated source, as my original one was from the mid-2000's. As usual, ACSM brings forth the best information, and most updated physiological information when it comes to exercise testing and prescription. I always look to them when giving advice, or training clients. And, I will keep looking to them in the future. I recommend this book for anyone who is a personal trainer, or is looking to go into personal training or testing clients in a clinical setting. ACSM is the gold standard, hands down.

A great reference for any exercise questions that you may have. Not really that helpful reading it all the way through. I used it to reference information for a rehab practical. Wish it was formatted to be a little easier to digest.

This is a very complete, thorough resource. It has evidence-based recommendations on who to test with what supervision, how to interpret tests, and how to design a plan for your clients/patients. As a future PT, this is a valuable resource that I'll want to keep and reference throughout the years. I was planning on grabbing an old edition, but my classmates convinced me and I'm not disappointed!

Needed this for class. Some of the numbers have changed since the last edition (such as pushups for men and women is now higher for each age group). Good price. More compact than the spiral bound one that they sold at the University Bookstore.

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