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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.

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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.

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Physical Activity Guidelines Resources - ACSM

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.

ACSM | The American College of Sports Medicine

ACSM guidelines for exercise testing and prescription, this book is a must have for any fitness professional. The guidelines in this book are gospel, very interesting book, very handy for reference too.

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

The American College of Sports Medicine (ACSM), headquartered in Indianapolis, Indiana, is a large sports medicine and exercise science membership organization. Founded in 1954, 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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Fully aligned with the latest edition of ACSM's flagship title, ACSM's Guidelines for Exercise Testing and Prescription, this practical resource walks students through the process of selecting and administering fitness assessments, using Guidelines to interpret results, and drafting an exercise prescription that is in line with Guidelines parameters.

ACSM's Exercise Testing and Prescription

"ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, Third Edition, "offers both exercise and health professionals the latest research and applications for integrating exercise into the treatment of 49 chronic diseases and disabilities.

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ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM.

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