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ACSMs Guidelines for Exercise Testing and Prescription

Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients, this trusted manual is an essential resource for all exercise professionals, as well as other health professionals who may counsel patients on exercise including physicians, nurses, physician ' s assistants, physical and occupational therapists, dieticians ...

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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 recommendations on health appraisals, exercise testing, and exercise prescription.

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

Synopsis. The single most internationally read and referenced text in sports medicine, exercise

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science, and health and fitness, this manual succinctly summarizes recommended procedures for exercise testing and exercise prescription in healthy and diseased individuals. This gold-standard text is a convenient, one-stop resource for the knowledge, skills, and abilities (KSAs) that must be mastered by candidates for all ACSM certifications.

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

Specifically, the ACSM recommends the following exercise prescription for individuals with hypertension:

Frequency: For aerobic exercise, 5-7 d/wk, supplemented by resistance exercise 2-3 d/wk and flexibility exercise 2-3 d/wk. The frequency of aerobic exercise is slightly greater



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than those with normal BP (i.e., 3-5 d/wk).

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## Exercise for the Prevention and Treatment of ... - ACSM

- 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!!
- It ' s all about the fun!!!

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Exercise Prescription - American College of Sports Medicine  
ACSM and CDC recommendations state that: All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical

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activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.

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## Physical Activity Guidelines Resources - ACSM

He also was an associate editor of the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription (GETP10). Meir Magal, Ph.D., FACSM, is the chair of the School of Mathematics and Sciences and an associate professor of exercise science at North Carolina Wesleyan College in Rocky Mount, North Carolina.

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ACSM's New Exercise Preparticipation  
Screening: Removing ...

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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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ACSM | The American College of Sports Medicine  
ACSM ' s Guidelines for Exercise Testing and Prescription, 6th Edition .  
Author: ACSM, Bibliographic Data: (ISBN: 0-683-30355-4, Lippincott Williams & Wilkins, 2000, \$29.95) 13 chapters, 368 pages, Contributors, spiral bound cover Audiences: Exercise Specialists, Sports Medicine Specialists Subjects: Sports Medicine, Physical Therapy Other Info: The book

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training, musculoskeletal injury risk, fitness testing protocols and norms, and an expansion of the principles of health behavior change are included.

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Description. ACSM ' s Guidelines for  
Exercise Testing and Prescription is  
the flagship title from the American  
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This critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student.

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## ACSM's Guidelines for Exercise Testing and Prescription

"ACSM's Guidelines for Exercise Testing and Prescription" began as a concise summary of recommendations for exercise testing and prescription primarily for cardiac patients; it has now become one of the single most internationally read and referenced texts of its kind.

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