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From Lippincott Williams and Wilkins : ACSM's Guidelines for Exercise Testing and Prescription by American College of Sports Medicine (Acsm) 9th (ninth) revised North Am Edition (2013) before purchasing it in order to gage whether or not it would be worth my time, and all praised ACSM's Guidelines for Exercise Testing and Prescription by American College of Sports Medicine (Acsm) 9th (ninth) revised North Am Edition (2013):

8 of 9 people found the following review helpful. Spiral binding is a bad choice, but the book is great!By KatherineThe 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 comorbidites 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.0 of 0 people found the following review helpful. Great Quick Reference for

Exercise Science/Kinesiology By Gwyn Foster If you are doing anything in the exercise science/kinesiology field, this book is a must have. Great quick reference for personal trainers, strength and conditioning, diseased individuals/special populations, or just an overall health nut. I worked as an aid at a physical therapy clinic and was able to answer a lot of the patients' health related questions. 4 of 4 people found the following review helpful. Good for everyone. By Customer 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.