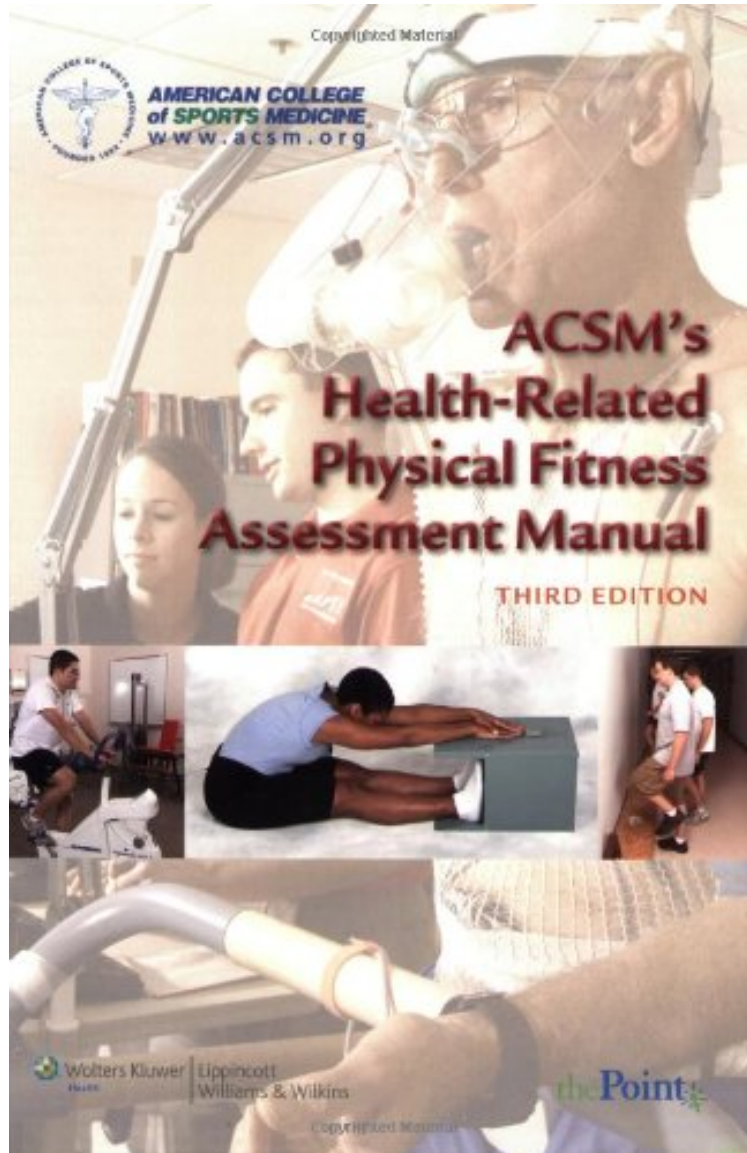


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# ACSM's Health-Related Physical Fitness Assessment Manual

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#890106 in Books Lippincott Williams Wilkins 2010-05-15 Original language: English PDF # 1 .40 x 6.90 x 9.90l, .75 #File Name: 0781797713224 pages | File size: 38.Mb

**American College of Sports Medicine (ACSM) : ACSM's Health-Related Physical Fitness Assessment Manual** before purchasing it in order to gauge whether or not it would be worth my time, and all praised ACSM's Health-Related Physical Fitness Assessment Manual:

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From the American College of Sports Medicine (ACSM), this text provides the information necessary to develop skills for assessing an individual's health-related physical fitness. It provides a practical "how-to-do-it" approach for performing assessment skills effectively, and an understanding of the theory behind and the importance of each skill or assessment. The Third Edition includes updated references to ACSM's Guidelines for Exercise Testing and Prescription, Eighth Edition, more diagrams and pictures highlighting assessment techniques, and new material on physical activity assessments, considerations for medication usage, and common measurement errors. A companion Website includes an Image Collection, a Test Generator, and PowerPoint Slides.