

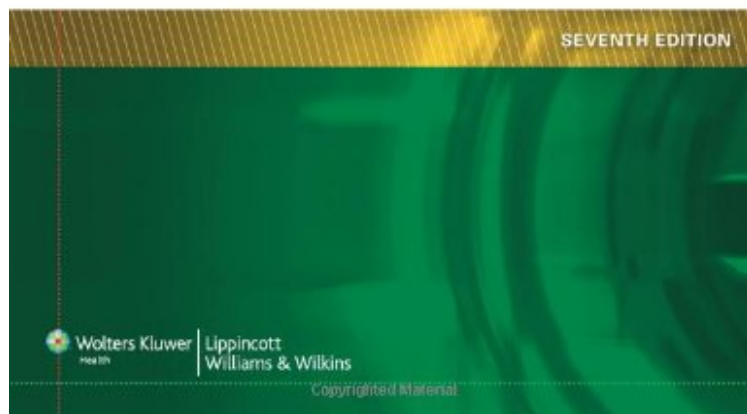
(Mobile pdf) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription)

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ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription



#165854 in Books imusti 2013-02-28Original language:EnglishPDF # 1 11.00 x 8.50 x 1.50l, 4.68 #File Name: 1609139569896 pagesLww | File size: 29.Mb

American College of Sports Medicine : ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) before purchasing it in order to gage whether or not it would be worth my time, and all praised ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription):

3 of 4 people found the following review helpful. Very helpfulBy AMacArticles in this book are sequenced by topic to match the sequence of the Guidelines book. They offer much more detail-- especially useful for PFT students who are training ourselves and missing out on classroom lectures. Well worth the money as both a study aid and long-term

reference.2 of 3 people found the following review helpful. Excellent !By AysgLIIt is an excellent reference book for clinical exercise practice. Full of current scientific information is easy to understand. Worthy of commendation.0 of 1 people found the following review helpful. Excellent book, almost perfect condition (only half a millimeter ...By Alexandre PetrescuExcellent book, almost perfect condition (only half a millimeter at bottom of covers seem damaged, but not sheets), the code for Internet access to additional resources (e.g. search through book) was intact.

Publishers Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product.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. The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines, and explains the science behind the exercise testing and prescription. ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training.Highlights include: An expanded behavior change section with the tools needed to motivate people to begin exercise and then adhere to a program Content reflects the most recent research findings in the field as well as ACSM position stands