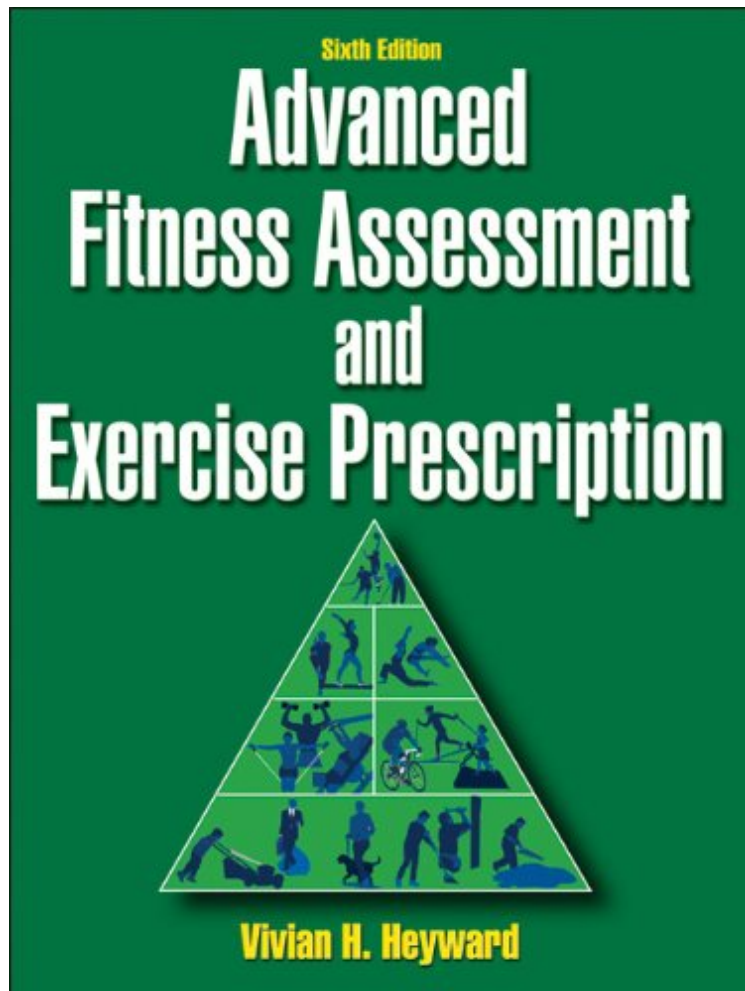


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# Advanced Fitness Assessment and Exercise Prescription-6th Edition

*Vivian Heyward*

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**Vivian Heyward : Advanced Fitness Assessment and Exercise Prescription-6th Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Advanced Fitness Assessment and Exercise Prescription-6th Edition:

5 of 5 people found the following review helpful. Excellent reference textBy KathyI have found Vivian Heyward's textbook to be an excellent reference tool for personal training, fitness program planning and progression. I had the 5th edition and then purchased the 6th for a Designs for Fitness class. Ms. Heyward's textbook is always used for this class at the University of New Mexico as she was a professor there before retiring. The newest edition is as user-friendly and well-organized as the last. She has made some modifications to some of the norm tables and revised a few of the formulas. She is also including a specific section on balance training as balance is now part of the ACSM recommendations for fitness.I highly recommend this text for exercise training students and professionals.0 of 0 people found the following review helpful. Four StarsBy Victor EchoGood book0 of 0 people found the following

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Unique in its scope, depth of content, organization, and approach to the subject matter, the sixth edition of *Advanced Fitness Assessment and Exercise Prescription* will assist exercise science students and practitioners in bridging the gap between research and practice. Built around physical fitness components, this text shows readers first how to assess each component and then how to design exercise programs based on that assessment. *Advanced Fitness Assessment and Exercise Prescription* synthesizes concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to provide a clearly defined approach to physical fitness testing and the design of individualized exercise programs. Unlike other introductory texts, which typically focus on field testing for evaluating physical fitness, this text includes both field and laboratory assessment techniques. This user-friendly text offers the latest physical activity and exercise recommendations for health benefits, weight loss, and weight maintenance as well as practical guidelines for designing individualized exercise programs for your clients. Readers will find the latest information on maximal and submaximal graded exercise testing in healthy populations, muscular fitness testing protocols and norms for children and adults, and field tests and norms for evaluating cardiorespiratory fitness, muscular fitness, body composition, flexibility, and balance. The sixth edition of *Advanced Fitness Assessment and Exercise Prescription* presents updated content throughout, including new guidelines for exercise testing and prescription from the 2010 edition of ACSM's *Guidelines for Exercise Testing and Prescription*, plus new physical activity recommendations from the U.S. government, American Dietetic Association, and the American Heart Association. Several topics have also been added or expanded to include updated information on using new technologies— including global positioning systems (GPS), geographic information systems (GIS), interactive video games (such as Wii), and persuasive technology—to promote physical activity and to change exercise behaviors; behavior change theories and models, including the health belief model, decision-making theory, theory of reasoned action, theory of planned behavior, and self-determination theory; certification and licensure of exercise science professionals; OMNI pictorial scales for assessing ratings of perceived exertion of adults and children; exercise recommendations for preventing low back pain from the North American Spine Society; and assessing balance and designing balance programs (new chapter). *Advanced Fitness Assessment and Exercise Prescription* begins with an overview of physical activity, health, and disease. Next, preliminary health screening, risk classification, and the principles of fitness assessment, exercise prescription, and exercise program design are discussed. The remainder of the text provides in-depth coverage of assessment and exercise prescription for each of five physical fitness components: cardiorespiratory endurance, muscular fitness, body weight and composition, flexibility, and balance. Within each chapter, key questions alert readers to essential information, while key points, review questions, and key terms reinforce important concepts and content. For instructors, online access to an instructor guide, test package, and presentation package provides helpful tools for lecture preparation, creative content delivery, and class assessment. In addition, for those who prefer the convenience of an electronic text, the sixth edition is now available as an e-book. By integrating the latest research, recommendations, and information into direct and clear guidelines for application, the sixth edition of *Advanced Fitness Assessment and Exercise Prescription* bridges the gap between research and practice for fitness professionals. Its unique scope, depth of coverage, and clearly outlined approach make it a valuable resource for students and exercise science professionals to increase their knowledge, skill, and professional competence.

About the Author Vivian H. Heyward, PhD, is a Regents professor emerita at the University of New Mexico where she taught physical fitness assessment and exercise prescription courses for 26 years. In addition to the previous editions of this book, she has authored two editions of *Applied Body Composition Assessment* (Human Kinetics 1996, 2004) as well as numerous articles in research and professional journals dealing with various aspects of physical fitness assessment and exercise prescription. Heyward has received many professional awards, including Distinguished Alumni Awards from the University of Illinois and the State University of New York at Cortland and the SWACSM Recognition Award for distinguished professional service and achievement. In her free time, she enjoys hiking, nature photography, and creative journaling. Heyward resides in Albuquerque, New Mexico.