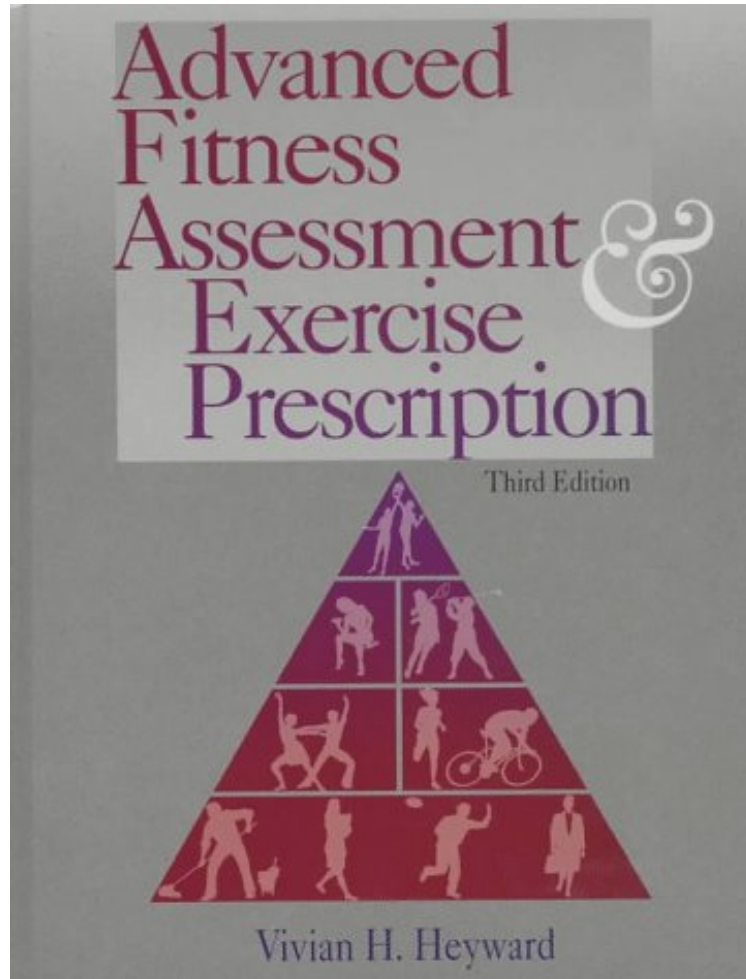


# Advanced Fitness Assessment Exercise Prescription

*Vivian H., Ph.D. Heyward*

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**Vivian H., Ph.D. Heyward : Advanced Fitness Assessment Exercise Prescription** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Advanced Fitness Assessment Exercise Prescription:

41 of 42 people found the following review helpful. Exercise prescription guide for those who care about science By A Customer Dr. Heyward's book is highly practical and stuffed full of current, useful and scientifically validated information on exercise and fitness. The book is designed as a classroom text to prepare the student for the ACSM Health Fitness Instructor exam. While it fulfills that function, it does far more. It is a concisely written and well-organized text that thoughtfully examines the practical aspects of exercise prescription. Heyward has provided easy-to-access charts and tables of information that the reader will refer to constantly. These include the ranges of values for blood pressure, cholesterol levels, body fat percentages and much more, organized with the various assessment methods currently being used, and sound appraisals of all testing methods cited. I would recommend this book for someone preparing for the ACSM HFI exam, or seeking information to enhance knowledge and understanding of

principles of exercise science and how they might apply to real people.

Comprehensive text gives practical tips for developing skills. For fitness technicians. Topics include: cardiorespiratory endurance, muscle strength and endurance, body composition and weight management, flexibility, and neuromuscular relaxation. Halftone illustrations.

**About the Author**An internationally recognized expert in exercise science, Dr. Vivian Heyward has conducted extensive research on physical fitness and body composition assessment. In addition to three previous texts, she has published more than four dozen articles on the subject. Dr. Heyward has given presentations for professional organizations and institutions at the regional, national, and international levels; she has also conducted workshops for nutritionists, health promotion and fitness professionals, physical therapists, nurses, and other allied health professionals. Since receiving her PhD from the University of Illinois in 1974, Dr. Heyward has been a professor of exercise science at the University of New Mexico, where she has addressed the gap between research and practice in the field. Her career has been characterized by awards and distinctions, including multiple teaching awards and visiting scholar lectureships. Most recently, Dr. Heyward received the University of Illinois Distinguished Alumni Award. She has also received recent research grants from NIH and OMRON Healthcare Corp. A resident of Albuquerque, New Mexico, Dr. Heyward enjoys weightlifting, mountain biking, hiking, and wood carving. She is a Fellow of the American College of Sports Medicine and the American Society of Clinical Nutrition.