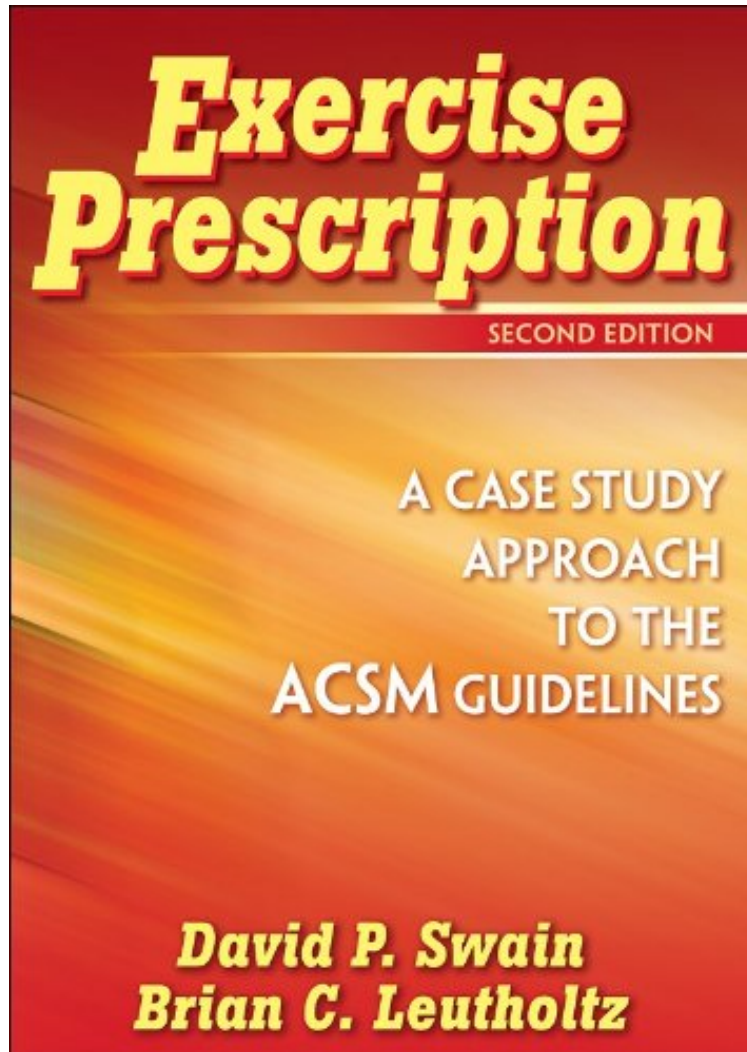




Exercise Prescription - 2nd Edition: A Case Study Approach to the ACSM Guidelines

David Swain, Brian Leutholtz
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studying to be a personal trainer and have found this book to be an excellent resource and companion book to ACSM's Guidelines for Exercise Testing and Prescription. Where as the above mentioned book is full of important information, it is very dry reading, and Exercise Prescription gives many case study approaches that bring the often dry material of ACSM's book to life. I would say that your best bet is to purchase both of these books together and use them often. Together, they make an excellent study resource. 0 of 0 people found the following review helpful. Five Stars
By Arthur I am pleased with my product

You will find no better preparation source for the American College of Sports Medicine (ACSM) certification than the new, second edition of Exercise Prescription: A Case Study Approach to the ACSM Guidelines. Authors David Swain and Brian Leutholtz present a series of case studies to help you translate the ACSM guidelines for exercise prescription into practical knowledge. This second edition of Exercise Prescription utilizes the most up-to-date information published in the seventh edition of the ACSM's Guidelines to provide an excellent study resource not only for those preparing for ACSM certification, but for any certification that follows the guidelines set by the ACSM. And unlike the numerous texts that concentrate on the theory and fundamentals of exercise prescription guidelines, this text presents real-life case studies that clearly show readers how the information is applied. You will find new criteria for screening, risk factor thresholds, and fitness norms, as well as revised recommendations for exercise intensity. The text also contains expanded readings on special populations such as pregnant women, children, and various types of cardiac patients. From beginning to end, this book is organized to help you build your exercise prescription acumen and confidence. The book begins with a section on fitness assessment and determining clients' risk stratification. Next is a discussion of the basic principles of exercise prescription, including $\dot{V}O_2$ reserve, followed by information on how to use the ACSM metabolic equations. Finally, you will put those equations to work in chapters featuring case studies that present exercise prescriptions for cardiorespiratory fitness, weight loss, muscular strength and flexibility, and special client populations such as children, older adults, and clients with heart disease, diabetes, or hypertension. Exercise Prescription: A Case Study Approach to the ACSM Guidelines, Second Edition, is formatted for easy reading and includes an appendix of 10 additional case studies complete with 100 questions and answers to help you assess your newly gained knowledge. The hands-on, practical approach of this text makes it an ideal resource as you prepare for ACSM certification and enhance your ability to prescribe appropriate exercise for a variety of clients.

About the Author David Swain, PhD, holds the designation of university professor in exercise science at Old Dominion University in Norfolk, Virginia. Swain's research focus is on cardiovascular and metabolic responses to exercise, and he originated the concept of oxygen consumption reserve ($\dot{V}O_2$ reserve) for exercise prescription. Swain also teaches courses in exercise physiology, exercise prescription, exercise testing, and wellness. In addition to the first edition of Exercise Prescription: A Case Study Approach to the ACSM Guidelines, he has published numerous scientific articles and one other book. Swain received his PhD in physiology in 1984 from the medical school of the University of North Carolina at Chapel Hill. He is a fellow of the ACSM and holds its highest professional certification, program director for preventive and rehabilitative programs, along with serving as an associate editor for its research journal, Medicine Science in Sports Exercise. He is also a Certified Strength and Conditioning Specialist (CSCS) via the National Strength and Conditioning Association. Brian Leutholtz, PhD, is currently a professor and the undergraduate exercise physiology program director at Baylor University in Waco, Texas. He teaches graduate courses to doctoral- and masters-level students in the School of Education. Leutholtz founded and previously directed the Old Dominion University Therapeutic Exercise Program for Chronic Disease (TEMPO) in Norfolk, Virginia, where he also served as a consultant for an aggressive managed care team providing exercise and diet evaluation and education. Prior to graduating in 1992 from Michigan State University, where he earned a PhD, specializing in the study of clinical exercise physiology and cardiology, Leutholtz completed a four-year doctoral fellowship at Butterworth Hospital in Grand Rapids, Michigan. As a fellow of the American College of Sports Medicine, Leutholtz has earned recognition at the highest level of certification as a clinical program director. He is the author of another book titled Exercise and Disease Management.