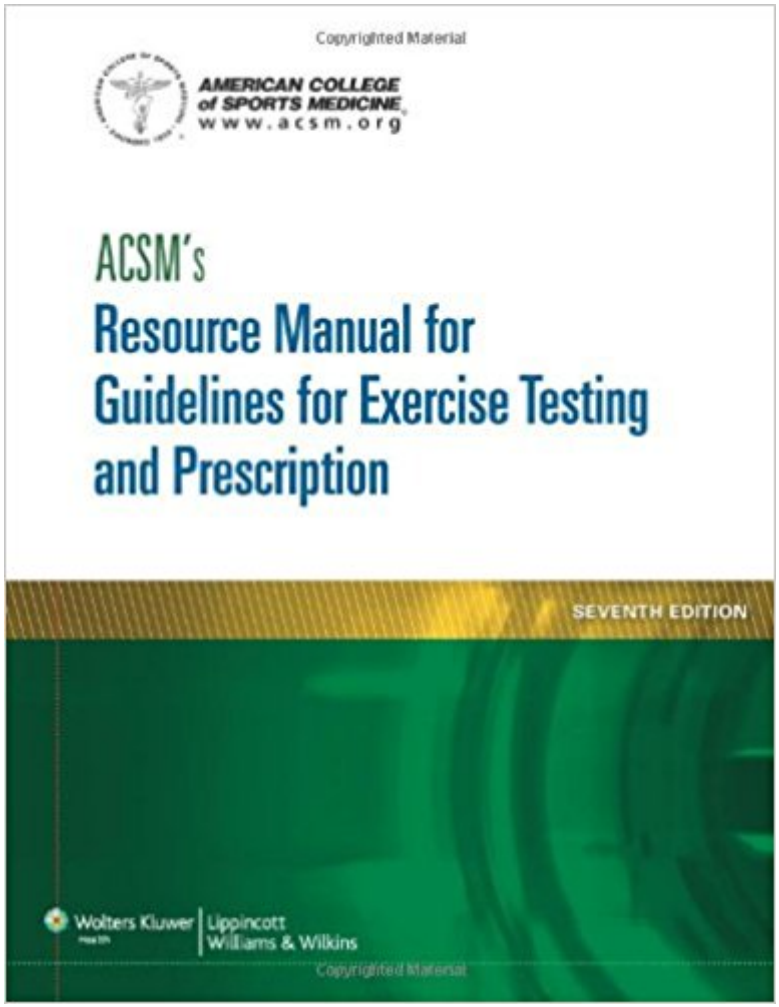
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ACSM's Resource Manual For Guidelines For Exercise Testing And Prescription (Ascms Resource Manual For Guidlies For Exercise Testing And Prescription)




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Synopsis

PublisherÃ¢â ¬â„¢s Note:Ã Â Ã Â 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 PrescriptionÃ Â and elaborates on all major aspects ofÃ Â preventative rehabilitation and fitness programs and the major position stands of the ACSM. Ã Â The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines, andÃ Â 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:Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â An expanded behavior change section with the tools needed to motivate people to begin exercise and then adhere to a programÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Content reflects the most recent research findings in the field as well as ACSM position stands

Book Information

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Customer Reviews

Articles 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.

It is an excellent reference book for clinical exercise practice. Full of current scientific information is easy to understand. Worthy of commendation.

Excellent book, almost perfect condition (only half a millimeter at bottom of covers seem damaged, but not sheets), the code for Internet access to additional ressources (e.g. search through book) was intact.

This book is excellent for those who want to learn more about excersice testing and the prescrption of exercise, better than other book that i have read

Very good informative. must read if you take the ACSM certified personal trainer or clinical specialist or health fitness professional

Everything it says it is!

Much better organized than previous issues.

Good book-

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