

ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription



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and Prescription



BOOK DETAILS

- Author : American College of Sports Medicine
- Pages : 896 Pages
- Publisher : LWW
- Language : English
- ISBN : 1609139569

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BOOK SYNOPSIS

ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSMs 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. ACSMs Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training.

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