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- Intensity of exercise can be expressed as multiples of 1 MET. A person exercising at 6 METS is expending 6x the amount of energy compared to rest. Maximal exercise capacity in METS would approximate an individuals VO₂ max
- Exercise Prescription\Watts_to_METs_Conversions.pdf Categories of Exercises in METS

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This book by the American College of Sports Medicine is an invaluable resource for anyone in the field of Exercise Physiology or other related fitness fields. I use it on a regular basis as a quick reference guide for fitness testing and evaluation. This also a necessary book for anyone taking one of the ACSM certification tests.

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[ACSM's Exercise Testing and Prescription](#)

ASSESSMENT: The team of distinguished authors, led by Senior Editor Mitchell H. Whaley, PhD, has continued the huge success of ACSM's Guidelines for Exercise Testing and Prescription. This edition has been updated to include the most current information and several new sections. This is a must-have resource for anyone in fields related to exercise testing and prescription.

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The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest ...

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The 2001 version of the exercise standards statement 1 has served effectively to reflect the basic fundamentals of ECG-monitored exercise testing and training of both healthy subjects and patients with cardiovascular disease (CVD) and other disease states. These exercise standards are intended for use by physicians, nurses, exercise physiologists and specialists, technologists, and other ...

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ACSM's Guidelines for Exercise Testing and Prescription 9th Ed Chapter 4 Part1. 47 terms. ACSM's Guidelines for Exercise Testing and Prescription 9th Ed Chapter 7. 100 terms. ACSM Exercise Physiologist Exam. 122 terms. ACSM's Resources for the Personal Trainer- Ch. 4-6. Features. Quizlet Live. Quizlet Learn. Diagrams. Flashcards. Mobile.

[ACSM's Guidelines for Exercise Testing and Prescription ...](#)

The ACC/AHA/ACP document on clinical competence in stress testing provides additional details on the supervision and interpretation of exercise tests. 13: ACSM "Guidelines for Exercise Testing and Prescription" 24 /2010

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The flagship title from the prestigious American College of Sports Medicine, this critical handbook delivers scientifically based, evidence-informed standards to prepare you for success. Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients, this trusted manual is an essential resource for all exercise ...

[ACSM's Guidelines for Exercise Testing and Prescription by ...](#)

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edition. Editor: Kaminsky, Leonard A., PhD, FACSM. Bibliographic Data: (ISBN: 0-7817-4591-8, Lippincott Williams & Wilkins, 2006, \$51.95) 749 pages, soft cover. DESCRIPTION: Although this resource manual complements the seventh edition of the ACSM Guidelines for Exercise Testing and Prescription and serves as a ...

[Exercise Physiologist | American College of Sports ...](#)

New pre-exercise health screening recommendations are critical to helping more of the population begin a safe, healthy physical activity program without consulting a physician. Visit our dedicated ACSM Guidelines for Exercise Testing and Prescription page for the download and more details

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The American College of Sports Medicine (ACSM) provides guidelines for stratifying clients before exercise testing and prescription . Stratification enhances safety of exercise participation and aids in exercise programming. Correct stratification requires knowledge of the client's risk factors, some of which may be unavailable to the ...

[ACSM's New Preparticipation Health Screening ...](#)

ACSM's Resources for the EP — June 2017. ACSM's Resources for the CPT — September 2017. In addition, it is important to mention that ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, which had been an accompanying title to ACSM's GETP, will no longer be published as a single text. Feedback from certified ...

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Purpose of Calculations Under steady-state conditions, volume of oxygen ($\dot{V}O_2$) provides a measure of the energy cost of exercise The rate of oxygen ($\dot{V}O_2$) uptake during maximal exercise indicates the capacity for O_2 transport and utilization Serves as the criterion of cardiorespiratory fitness Provides general info about the fuels being utilized for exercise (RER)

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ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's 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 ...