



ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription

By American College of Sports Medicine

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Designed as a companion to ACSM's Guidelines for Exercise Testing and Prescription and as a resource for ACSM certification candidates, this book covers all the major aspects of preventive rehabilitative and fitness programs and the major position stands of the American College of Sports Medicine (ACSM) and other scientific organizations. It provides readers with the necessary background information to address the knowledge, skills and abilities (KSAs) set forth in **ACSM's Guidelines**.

Content comprises both theoretical and practical physiological concepts, with related examples of exercise testing, training and programming. Along with the text, readers have access to a companion website with the fully searchable text.

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