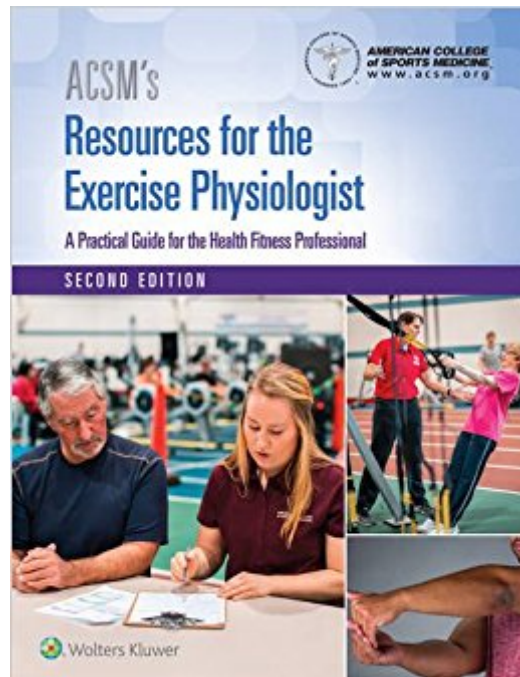


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ACSM's Resources For The Exercise Physiologist



Synopsis

Published by the American College of Sports Medicine, this new edition is essential for certification candidates and practicing Exercise Physiologists. As the official preparation book for the ACSM Certified Exercise Physiologist examination, the title will guide those seeking certification as they prepare to sit for the exam. For those already practicing, this evidence-based resource will aid in providing the most current, competent guidance to clients. Now fully aligned with the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription, this second edition is reflective of the most current standards in the field. These updates include moving to the new pre-participation guidelines, which represent an important and significant change in the prescription of an exercise program. Incorporating ACSM's Exercise is Medicine (R) global health initiative throughout this text prepares the EP-C to become uniquely qualified to work with medical professionals to ensure that all patients and clients are participating in a physical activity program. Organized around the scope of ACSM EP-C practice domains, ACSM's Resources for the Exercise Physiologist includes an introductory section focusing on understanding exercise, physical activity, and pre-exercise screening. Coverage of assessment and programming for both healthy and special populations and extensive content about behavior change allows the EP-C to provide program options for varying types of clients. Finally, this text covers the ethics, legal issues, and business of fitness management.

Book Information

Hardcover: 472 pages

Publisher: LWW; Second edition (June 13, 2017)

Language: English

ISBN-10: 149632286X

ISBN-13: 978-1496322869

Product Dimensions: 8.5 x 1.1 x 10.9 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

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