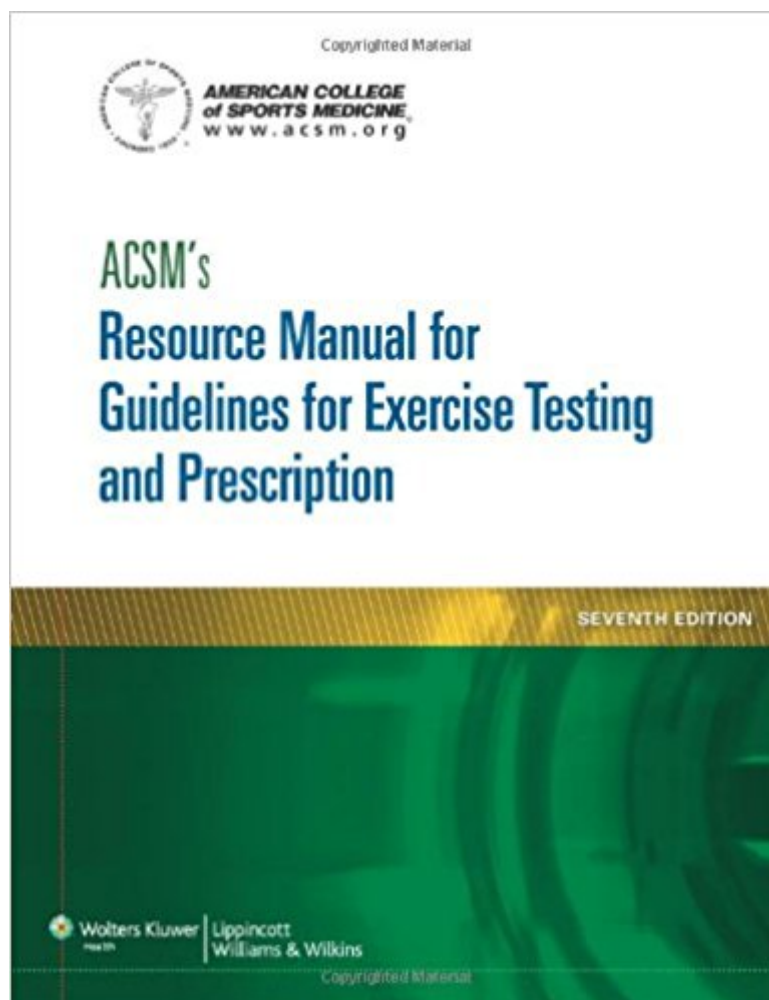




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ACSM's Resource Manual For Guidelines For Exercise Testing And Prescription (Ascms Resource Manual For Guidlies For Exercise Testing And Prescription)





Synopsis

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 address the knowledge, skills, and abilities set forth in the new edition of Guidelines, and 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:

- An expanded behavior change section with the tools needed to motivate people to begin exercise and then adhere to a program
- Content reflects the most recent research findings in the field as well as ACSM position stands

Book Information

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Customer Reviews

This edition lacks a major plus that was in the sixth edition. If your taking this for the HFS or CES the sixth edition would tell you in each section what you had to study for but the current edition does not. This is why people want these texts not as a desk references that ACSM seems to think. VERY DISAPPOINTED. ACSM loves to just confuse you. I remember years ago taking the CPT and they list all these books to buy but don't make one simple guide on what exactly you should sift through in the myriad of texts and chapters. Also don't waste your \$ getting the "resources" books for either

HFS or CPT they also are the definitive text for the certification. I did learn from a friend who took the HFS recently said he just used the sixth edition of this book with what was bolded and passed. This is exactly why if I know someone who wants to get at least a CPT I tell them to go NSCA. At least you know what your main text is!

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.

Great text full of good info...just wasn't what I was supposed to order! I ordered this by mistake, and should have ordered "Guidelines for exercise testing and prescription" not the "resource manual for guidelines for exercise testing and prescription"...who knew??

Much better organized than previous issues.

Everything it says it is!

Great book Thanks!

Best of the best

Good book-

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