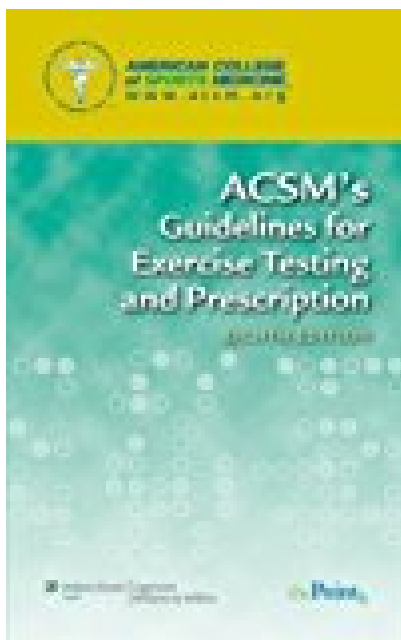


# ACSM's Guidelines for Exercise Testing and Prescription by American College of Sports Medicine 2009 Paperback

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## BOOK DETAILS

- Author : American College of Sports Medicine
- Pages : Pages
- Publisher : Lippincott Williams and Wilkins; 8th Revised edition edition (1 Feb. 2009)
- Language :
- ISBN :

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## **BOOK SYNOPSIS**

The single most internationally read and referenced text in sports medicine, exercise science, and health and fitness, this manual succinctly summarizes recommended procedures for exercise testing and exercise prescription in healthy and diseased individuals. The Seventh Edition contains the most current public health and clinical information and state-of-the-art, research-based recommendations. Coverage represents the fundamental knowledge, skills, and abilities (KSAs) that must be mastered by candidates for all ACSM certifications. Written by international experts in numerous fields, the Seventh Edition covers additional topics including arthritis, osteoporosis, dyslipidemia, immunology, and metabolic syndrome.

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