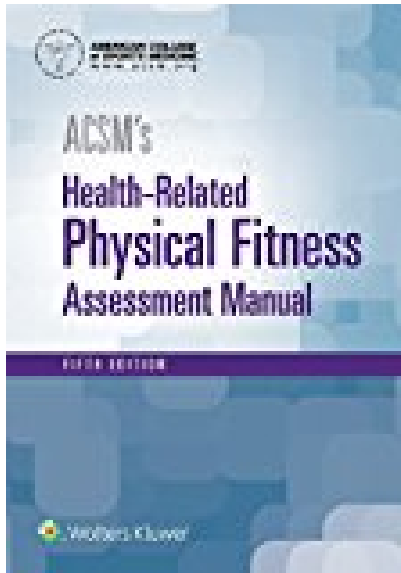


ACSM's Health-Related Physical Fitness Assessment



BOOK DETAILS

- Author : American College of Sports Medicine
- Pages : 208 Pages
- Publisher : LWW
- Language : English
- ISBN : 1496338804

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BOOK SYNOPSIS

From the American College of Sports Medicine (ACSM), this text provides the information necessary to develop skills for assessing an individual's health-related physical fitness. It provides a practical "how-to-do-it" approach for performing assessment skills effectively, and an understanding of the theory behind and the importance of each skill or assessment. The Fourth Edition includes updated references to ACSM's Guidelines for Exercise Testing and Prescription, Ninth Edition, more diagrams and pictures highlighting assessment techniques, and new material on physical activity assessments, considerations for medication usage, and common measurement errors. A companion Website includes an Image Collection, a Test Generator, and PowerPoint Slides.

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