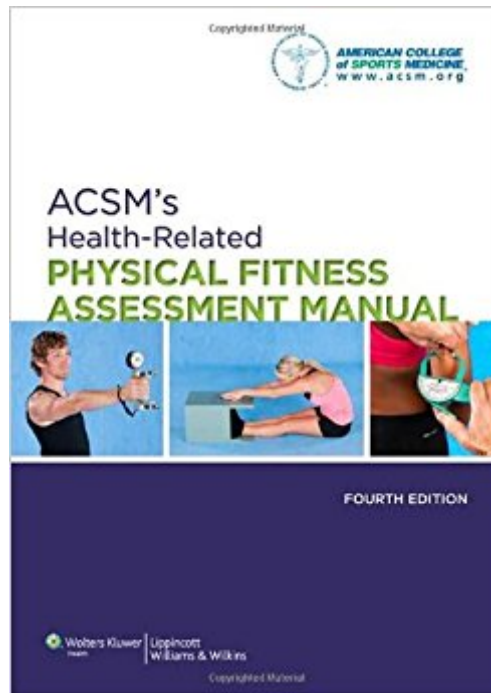




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ACSM's Health-Related Physical Fitness Assessment Manual



Synopsis

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Published by the American College of Sports Medicine, this authoritative manual teaches health fitness professionals and students how to appropriately conduct fitness assessment testing. The goal of this Fourth Edition of ACSM's Health-Related Physical Fitness Manual is to provide a comprehensive overview of why and how to perform assessments of the five health-related components of physical fitness, namely body composition, muscular strength, muscular endurance, flexibility, and cardiorespiratory fitness. Features of the Fourth Edition include:

- Reorganized and expanded information, including discussion of unique assessment principles and the major limitations of some assessment methods
- Step-by-step instructions for assessment of health-related physical fitness and resources for interpretation of test results
- Updated references to ACSM's Guidelines for Exercise Testing and Prescription, Ninth Edition
- More than 110 boxes, tables, and figures to help the reader understand the concepts of health-related physical fitness
- Case study analysis at the conclusion of each assessment chapter and suggested laboratory activities to help students master the concepts of health-related physical fitness
- Available instructor resources include fully searchable online text, an image bank, PowerPoint slides, and a Test Generator.

The American College of Sports Medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 45,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit www.acsm.org, www.acsm.org/facebook, and www.twitter.com/acsmnews.

Book Information

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Customer Reviews

“It is perfect for introducing students to health and fitness assessment and as a refresher for those who are in the field and need up-to-date guidelines.” This book is unique in that it is focused specifically on health and fitness principles and techniques that have been set forth by the ACSM. It is clear and concise while containing numerous figures and diagrams to illuminate key points and difficult concepts. This book is of similar quality to other ACSM publications. The contributors are among the field’s most respected scientists. I recommend this book for those thinking about working in a health and fitness field but who haven’t had much exposure to fitness testing.” Doody’s

Reviews Erik H VanIterson, M.S., M.Bio (University of Minnesota School of Kinesiology) Weighted Numerical Score: 100 - 5 Stars!

Great book. I am certified through ACSM but I also used this during a class at my university based on assessment. It could have been written a little bit better and flowed but it got the point across. I’m not sure if you really need this book for the exam. I didn’t use it while studying for the exam.

Really makes you understand a vast number of fitness assessments. Great for any personal trainer who is trying to be successful.

Although I have no plans on going into the sports medicine or physical therapy field, this book was extremely helpful in explaining all of the fitness assessments that are performed. On the day of my practical, I felt more than ready to provide my client an accurate assessment because of this book. I

can only imagine how beneficial this book will be to someone who is interested in the career fields I mentioned.

This small, portable book is straightforward and easy to read. It presents the necessary formulas and techniques for making thorough assessments without getting bogged down in science. The definitions of the various systems, cardiovascular, muscular, etc, are complete and provide an excellent guideline for the 'whys' of physical fitness assessments. This is an invaluable tool for training and keeping close at hand in the consultation room. Regarding the seller B4u2, she was wonderful. I contacted her to ask for special shipping and she was prompt and responsive. An excellent seller!

It is a good book

Best book out there for lab and clinical testing pertaining to exercise science

Quick ship; better than expected; definitely recommend.

Excellent summary of essential exercise related info. ACSM are the best standard when it comes to this information. Great book

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