

# Exercise Prescription Principles

**Table 2.1 ACSM Exercise Prescription Principles**

Category	Frequency	Intensity	Time	Type
Cardiovascular	Three to five days per week	40/50-85% of HRR or $\text{VO}_2\text{R}$	20-60 min	Large muscle mass, continuous, rhythmic
Muscular strength	Two or three days per week	3- to 20RM range, typically 8- to 12RM	One set each of 8-10 exercises ( $\leq 1$ hr)	Major muscle groups, full ROM, controlled speed ( $\sim 3$ s concentric, $\sim 3$ s eccentric)
Flexibility	Two or three days per week, ideally five to seven	To point of tightness	15-30 s for each of two to four reps	Static

*Created by the author (DPS) based on information provided in chapter 7 of ACSM's guidelines for exercise testing and prescription, 6th edition (ACSM, 2000), and updated with the 7th edition (ACSM, 2006).*

# 13 Acsm Exercise Guidelines

**American College of Sports Medicine**

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### **13 Acsm Exercise Guidelines:**

**ACSM's Certification Review** ACSM,2013-02-01 ACSM s Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer CPT Certified Health Fitness Specialist HFS or Certified Clinical Exercise Specialist CES Highlights include Case studies that reinforce concepts organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain **ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, 4E**

American College of Sports Medicine,Moore, Geoffrey,Durstine, J. Larry,Painter, Patricia,2016-03-30 Developed by ACSM this text presents a framework for optimizing patients and clients functionality by keeping them physically active It provides evidence informed guidance on devising individualized exercise programs for persons with chronic and comorbid conditions

*ACSM's Health/fitness Facility Standards and Guidelines* American College of Sports Medicine,1992 Developed through the expertise of the American College of Sports Medicine this book aims to establish comprehensive standards and guidelines for the quality operation of health fitness facilities **ACSM's Guide to Exercise and Cancer Survivorship** American

College of Sports Medicine,Melinda L. Irwin,2012-02-14 ACSM s Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors Developed by the American College of Sports Medicine ACSM this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers Dr Melinda L Irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship With an emphasis on practical application the text discusses the following Incidence and prevalence of the most common cancers Common cancer treatments and side effects Benefits of exercise after a diagnosis of cancer Exercise testing prescription and programming Nutrition and weight management Counseling for health behavior change Injury prevention Program administration This guide presents evidence based information to assist health fitness and medical professionals in using exercise to help cancer survivors with recovery rehabilitation and reducing the risk of recurrence Throughout the text readers will find quick reference Take Home Messages that highlight key information and how it can be applied in practice Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient such as physician s permission forms medical and cancer treatment history forms weekly logs of exercise and energy levels medication listings and nutrition and goal setting questionnaires In addition ACSM s Guide to Exercise and Cancer Survivorship discusses all of the job task analysis points tested in the ACSM ACS Certified Cancer Exercise Trainer CET exam making this the most complete resource available for health and fitness professionals studying to attain CET certification Each chapter begins with a list of the CET exam points discussed in that chapter A complete listing is also included in the appendix As both an essential preparation text for

certification and a practical reference ACSM's Guide to Exercise and Cancer Survivorship will increase health and fitness professionals knowledge of the benefits of exercise after a cancer diagnosis as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors More clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment speeding recovery and improving overall quality of life In turn cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities With ACSM's Guide to Exercise and Cancer Survivorship health and fitness professionals can provide safe exercise programs to help cancer survivors improve their health take proactive steps toward preventing recurrences and enhance their quality of life

*Action Plan for Arthritis* A. Lynn Millar, 2003 Millar presents a complete and effective program to help arthritis sufferers enjoy a healthier more active lifestyle through physical activity

**The Active Female** Jacalyn J. Robert-McComb, Mimi Zumwalt, Maria Fernandez-del-Valle, 2023-02-27 Now in a revised and expanded third edition the aims of *The Active Female* are threefold first to increase the awareness of wellness and fitness issues for active females and their family members second to provide an avenue for medical practitioners allied health professionals health educators providers and certified individuals in sports medicine athletics to gain critical updated knowledge of a field specific to active females and third to introduce the concept of obesity as a growing health concern even for normal weight individuals Part I of the book offers a foundation for understanding the interrelationships between female physiology body image and other psychological issues the female reproductive cycle and the musculoskeletal anatomy and physiology of females that makes their health risks and concerns unique In Part II the concepts of eating disorders from a global perspective and the health disparities and inequities in women's health are discussed in detail Part III describes the prevention and management of common musculoskeletal injuries in active females across the lifespan including the management of osteoporosis Appropriate exercise and nutritional guidelines and recommendations for active females are discussed in detail in Parts IV and V Part VI is a new addition to the book and highlights the obesity epidemic and co morbid diseases associated with obesity even for normal weight obese individuals Each chapter is bookended by clear learning objectives and review questions for additional pedagogical appeal An invaluable addition to the literature *The Active Female: Health Issues throughout the Lifespan* 3e will be of great interest to all clinicians and allied health care professionals concerned with women's health and related issues from sports medicine and family practitioners to endocrinologists gynecologists and orthopedic surgeons

*ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* American College of Sports Medicine, J. Larry Durstine, 1993 Provides certification candidates with appropriate information relative to the behavioral objectives found in the *Guidelines for Exercise Testing and Prescription* 4th ed Lea and Febiger 1991 Covers all disciplines involved in exercise testing training and programming Includes practical examples of physiologic

concepts and relates them to exercise programming Annotation copyright by Book News Inc Portland OR **ACSM's Guidelines for Exercise Testing and Prescription** American College of Sports Medicine, Gary J. Balady, 2000 Recommended title for 2005 ACSM Certification Examinations ACSM's Guidelines for Exercise Testing and Prescription began as a concise summary of recommendations for exercise testing and prescription primarily for cardiac patients it has now become one of the single most internationally read and referenced texts of its kind This reference is a virtual pharmacopoeia of exercise guidelines in a broad spectrum of patients In this new edition there is heightened emphasis on preventing illness in apparently healthy persons and those at risk as well as treating patients with chronic disease There are also two new chapters on methods for changing exercise behavior and legal issues *ACSM's Resources for the Health Fitness Specialist* American College of Sports Medicine, 2013-03-07 This valuable new resource is specifically designed for candidates for the ACSM's Certified Health Fitness Specialist HFS and those personal trainers wanting to take their knowledge to the next level It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice The American College of Sports Medicine The American College of sports Medicine is the largest sports medicine and exercise science organization in the world More than 45 000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine

**Exercise Testing and Prescription** David C. Nieman, 2003 This comprehensive exercise testing and prescription text provides coverage of fitness assessment concepts hands on prescription applications and thorough preparation for ACSM certification exams Exercise testing and prescription are presented within a health related context that provides the latest research findings on exercise and nutrition obesity heart disease diabetes cancer and aging *ACSM's Health-related Physical Fitness Assessment Manual* American College of Sports Medicine, 2010 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 Third Edition includes updated references to ACSM's Guidelines for Exercise Testing and Prescription Eighth 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 **Out of Many, One** Jack W. Berryman, 1995 Presents a history of the beginnings development and impact of the American College of Sports Medicine This book is a record of how individuals from different fields have retained a common focus *Exercise Testing & Prescription* David C. Nieman, 2007 Table of Contents Preface PART I TRENDS AND DEFINITIONS 1 Health and Fitness Trends 2 Physical Fitness Defined PART II SCREENING AND TESTING 3 Testing Concepts 4 Cardiorespiratory Fitness 5 Body Composition 6 Musculoskeletal Fitness PART III CONDITIONING FOR PHYSICAL FITNESS 7 The Acute and Chronic

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Hurst's the Heart, 13th Edition: Two Volume Set Valentin Fuster, Richard Walsh, Robert Harrington, 2010-12-27 The trusted landmark cardiology resource thoroughly updated to reflect the latest clinical perspectives Includes DVD with image bank A Doody's Core Title ESSENTIAL PURCHASE for 2011 5 STAR DOODY'S REVIEW This is an outstanding choice for those who strive for a firm foundation in cardiovascular medicine as well as an up to date and user friendly source that addresses every discipline in the field The updates and enhancements to this edition have made the book easier to use Doody's Review Service Through thirteen editions Hurst's the Heart has always represented the cornerstone of current scholarship in the discipline Cardiologists cardiology fellows and internists from across the globe have relied on its unmatched authority breadth of coverage and clinical relevance to help optimize patient outcomes The thirteenth edition of Hurst's the Heart continues this standard setting tradition with 19 new chapters and 59 new authors each of whom are internationally recognized as experts in their respective content areas Featuring an enhanced reader friendly design the new edition covers need to know clinical advances as well as issues that are becoming increasingly vital to cardiologists worldwide As in previous editions you will find the most complete overview of cardiology topics available plus a timely new focus on evidence based medicine health outcomes and health quality New Features 1548 full color illustrations and 578 tables Companion DVD with image bank includes key figures and tables from the text The Cardiovascular Disease Past Present and Future section includes a new chapter on assessing and improving quality of care in cardiovascular medicine The section on the scientific foundations of cardiovascular medicine has been thoroughly revised 2 new chapters in the section on the evaluation of the patient detail the process of effective diagnostic decision making based on technology clinical trials and practice guidelines A new chapter in the section on heart failure details cardiac transplantation The sections on primary heart disease include new chapters on topics such as preventive strategies for coronary artery disease and updated pharmacologic strategies for acute coronary syndromes The section on cardiopulmonary disease features new chapters on chronic cor pulmonale and sleep disorder breathing and its relationship to cardiovascular disease The section on valvular heart disease has four of the six chapter completely rewritten by new authors who are authorities in the field The final six sections feature new chapters on the environment and heart disease surgical treatment of carotid and peripheral vascular disease and cost effective strategies in cardiology

Research Quarterly for Exercise and Sport, 2006 **ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities** American College of Sports Medicine, 1997 Comprehensive quick reference provides exercise management of 46 chronic diseases and

disabilities Text includes eight new conditions and updated information Helps students to prescribe exercise testing and programming stay informed of current drugs developments and specific symptoms Isbn nu web site **ACSM Clinical Track Certification 1999** ,1999 Prepared by the ACSM Educational Materials Committee the ACSM Clinical Track Certification Study Guide provides specific information on the length content and format of the clinical exams It includes sample test questions and practical scenarios **Women's Health in Primary Care** ,2002 **Fitness Trainer Essentials: for the Personal Trainer with Online Study Tools 12 Months** Tony Attridge,Martine Felice,2015-10-12 Beat your personal best by working the core to becoming a Fitness Trainer This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification studying to become personal or fitness trainers The text contains core and elective units to support a range of fitness specialisations Fitness Trainer Essentials 3e teaches the basics of fitness and nutrition principles covers more on functional testing and nutritional assessment and guidelines With a shift to full colour throughout and an abundance of new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices Fitness Trainer Essentials 3e assumes that the reader has acquired the Certificate III in Fitness qualification Therefore the topics covered in the text by Marchese have not been repeated in this text Additional review questions are also available to retouch on key points from a Certificate III perspective **Preparing for the ACSM Health/fitness Instructor Certification Examination** Larry David Isaacs,Roberta Pohlman,1998

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