

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 VO_2R	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 (≤ 1 hr)	Major muscle groups, full ROM, controlled speed (~ 3 s concentric, ~ 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).

Acsm Exercise Guidelines 23

American College of Sports Medicine

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the American College of Sports Medicine text.

Acsm Exercise Guidelines 23:

ACSM's Guidelines for Exercise Testing and Prescription American College of Sports Medicine, 2014 The flagship title of the certification suite from the American College of Sports Medicine ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate the professional and the student The 9th edition focuses on evidence based recommendations that reflect the latest research and clinical information This manual is an essential resource for any health fitness and clinical exercise professional physician nurse physician assistant physical and occupational therapist dietician and health care administrator This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients

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 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 **ACSM's Exercise for Older Adults** Wojtek J. Chodzko-Zajko,2014 ACSM's Exercise for Older Adults is a new book designed to help health and fitness professionals guide their older clients to appropriate exercise programs Provided by publisher 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 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 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 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

Fundamental Principles of Exercise Physiology Robert A. Robergs, Scott Roberts, 2000 ***Exercise Physiology*** Gene M. Adams, 1998 This text consists of 25 experiments which demonstrate the physiological effects of exercise physical conditioning and training along with the practical application of these effects to physical health and performance in physical activity Each experiment has instructions for assessing the reliability of the test and forms for recording and analyzing the results collected Sample problems and solutions are included in the appendix ***ACSM's Clinical Certification Review*** American College of Sports Medicine, 2001 CSM's Clinical Certification Review will cover basic information in an outline format for candidates studying for the Clinical Certification exams Each chapter includes sample questions that are representative of the questions students will find on the certification exam A complete exam of all the materials mock exam is located at the end of the book ***A Fit and Well Way of Life*** Gwen Robbins, Debbie Powers, Sharon Burgess, 2008

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 ***Nutrition, Exercise, and Behavior*** Liane Summerfield, 2001 This text presents the basic principles of weight management and examines the role that nutrition and physical fitness play in weight control The text includes detailed coverage of assessment techniques behavioral and non behavioral treatment approaches and prevention strategies ***The "E" Factor*** Bob Goldman, Ronald Klatz, 1988 Everything the modern athlete needs to know is covered including special training diets and diet aids different kinds of training systems exercise machines drugs and drug detection techniques the effects of caffeine and aspirin on performance sports psychology subliminal and psychological training sports injuries and more 40 photos ***Spinal Cord Injuries*** Sue Ann Sisto, Erica Druin, Martha Macht Sliwinski, 2009 From a hospital admittance to discharge to outpatient rehabilitation *Spinal Cord Injuries* addresses the wide spectrum of rehabilitation interventions and administrative and clinical issues specific to patients with spinal cord injuries Comprehensive coverage includes costs life expectancies acute care respiratory care documentation goal setting clinical treatment complications and activities of daily living associated with spinal cord patients In addition to physical therapy interventions and family education components this resource includes content on incidence etiology diagnosis and clinical features of spinal cord injury Case Studies with clinical application thinking exercises help you apply knowledge from the book to real life situations Thoroughly referenced evidence based content provides the best evidence for treatment based on the most current research Tables and boxes throughout each chapter organize and summarize important information for quick reference Clinical Note boxes provide at a glance access to helpful tips Over 500 clinical photos line drawings radiographs and more bring important concepts to life Highly respected experts in spinal cord injury rehabilitation

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