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## ACSMs HealthFitness Facility Standards and Guidelines-4th Edition

By American College of Sports Medicine

Human Kinetics. Hardcover. Book Condition: New. Hardcover. 256 pages. Dimensions: 10.4in. x 8.7in. x 0.9in. ACSMs HealthFitness Facility Standards and Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings in a safe environment. This text is based in large part on both the work that has begun through the NSF international initiative to develop industry standards to serve as the foundation for a voluntary health and fitness facility certification process and the third edition of ACSMs HealthFitness Facility Standards and Guidelines. The ACSMs team of experts in academic, medical, and health and fitness fields have put together an authoritative guide for facility operators and owners. By detailing these standards and guidelines and providing supplemental materials, ACSMs HealthFitness Facility Standards and Guidelines provides a blueprint for health and fitness facilities to use in elevating the standard of care they provide their members and users as well as enhance their exercise experience. The fourth edition includes new standards and guidelines for pre-activity screening, orientation, education, and supervision; risk management and emergency procedures; professional staff and independent contractors; facility design and construction; facility equipment; operational practices; and signage. This edition includes these...


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