



Advanced Fitness Assessment and Exercise Prescription with Access Code

By Ann Gibson

Human Kinetics Publishers. Hardcover. Book Condition: New. Hardcover. 552 pages. Dimensions: 11.1in. x 9.0in. x 1.2in. Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and exercise prescription. The text bridges the gap between research and practice and synthesizes concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to provide a clearly defined approach to physical fitness testing and the design of individualized exercise programs. The accompanying online videos enhance the learning experience and teach the techniques necessary for conducting fitness testing and program design. More than 40 clips featuring common exercise assessments will help users learn essentials of fitness testing, such as calibration of blood pressure cuffs, functional movement assessment, and push-up and pull-up testing. Unlike introductory texts, which typically focus on field testing for evaluating physical fitness, this text includes both field and laboratory assessment techniques. Readers will find the latest information on maximal and submaximal graded exercise testing in healthy populations, muscular fitness testing protocols and norms for children and adults, and field tests and norms for evaluating cardiorespiratory fitness, muscular fitness, body composition, flexibility, and balance. The seventh edition of Advanced Fitness Assessment and Exercise...



READ ONLINE

Reviews

This pdf may be worth acquiring. It is definitely simplified but surprises inside the fifty percent of the pdf. I am pleased to let you know that this is the very best ebook we have read inside my own lifestyle and could be the finest publication for ever.

-- Prof. Abe Satterfield IV

These kinds of pdf is every thing and helped me hunting ahead plus more. It generally does not cost too much. I am delighted to tell you that this is actually the finest publication we have study in my personal life and might be the finest ebook for at any time.

-- Dr. Veronica Hoppe