

# Acsm guidelines for exercise prescription

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ACSM Exercise Prescription and Guidelines\*\*

### Principles of ACSM Exercise Prescription

The American College of Sports Medicine (ACSM) establishes guidelines for safe and effective exercise prescription. These principles include:

- **Individualization:** Tailoring the exercise program to the individual's needs, fitness level, and health status.
- **Progressive overload:** Gradually increasing the intensity, duration, or frequency of exercise over time to promote adaptations.
- **Specificity:** Designing exercises that target specific muscle groups or body systems.
- **Reversibility:** Recognizing that fitness declines if exercise is discontinued or reduced.
- **Maintenance:** Recommending regular exercise to maintain fitness levels.

### Citing ACSM Guidelines

To cite the ACSM guidelines for exercise testing and prescription, use the following format:

- American College of Sports Medicine. (2018). Guidelines for Exercise Testing and Prescription (10th ed.). Lippincott Williams & Wilkins.

### 5 Principles of Exercise Prescription

The ACSM recommends following these principles when designing an exercise program:

- **FITT-VP:** Frequency, Intensity, Time, Type, Volume, and Progression.
- **Overload:** Gradually increasing the difficulty of exercise to promote adaptations.
- **Specificity:** Targeting specific muscle groups or body systems.
- **Reversibility:** Fitness declines when exercise is discontinued.
- **Adherence:** Encouraging individuals to stick to their exercise plan.

### ACSM Guidelines

ACSM develops guidelines for various aspects of exercise, including:

- Exercise prescription for obesity
- Exercise testing and prescription for older adults
- Exercise prescription for children
- Physical activity guidelines for obesity
- Minimum guidelines for flexibility

### 3 Basic Factors in an Exercise Prescription

The three basic factors in an exercise prescription are:

- **Intensity:** Measured by heart rate, perceived exertion, or power output.
- **Duration:** The total time spent exercising.
- **Frequency:** The number of days per week that exercise is performed.

### 5 A's of Exercise Prescription

The 5 A's help ensure adherence to an exercise program:

- **Assess:** Determine individual fitness level and health status.
- **Advise:** Provide information on exercise benefits and risks.
- **Agree:** Collaborate with the individual to establish realistic exercise goals.

- **Assist:** Support and guide individuals through the exercise program.
- **Arrange:** Create a feasible and enjoyable exercise plan.

## **Basics of Exercise Prescription**

The basics of exercise prescription involve:

- Determining fitness goals
- Selecting appropriate exercises
- Establishing intensity, duration, and frequency
- Monitoring progress and making adjustments

## **Five Components of Fitness (ACSM)**

The five components of fitness, according to ACSM, are:

- Cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Body composition
- Flexibility

## **ACSM Guidelines for RPE**

ACSM recommends using the Borg Rating of Perceived Exertion (RPE) scale to estimate exercise intensity:

- 6-8: Light intensity
- 9-11: Moderate intensity
- 12-14: Vigorous intensity

## **ACSM Guidelines for High Intensity Interval Training**

ACSM recommends the following guidelines for high intensity interval training (HIIT):

- Intensity: 80-95% of maximum heart rate

- Duration: 10-60 seconds
- Rest interval: 1-2 minutes
- Frequency: 2-3 times per week

### **ACSM Guidelines for Exercise for Weight Loss**

ACSM recommends the following for exercise-induced weight loss:

- Intensity: 60-85% of maximum heart rate
- Duration: 150-250 minutes per week
- Frequency: 5-7 days per week
- Type: Aerobic and resistance exercise

### **Elements of the Exercise Prescription**

The elements of the exercise prescription include:

- **Type:** Type of exercise prescribed
- **Intensity:** Amount of effort required
- **Time:** Duration of exercise
- **Frequency:** Number of times per week
- **Progression:** Gradual increase in difficulty

### **Fitt VP Exercise Prescription**

The Fitt VP exercise prescription model considers the following factors:

- Frequency
- Intensity
- Time
- Type
- Volume
- Progression

### **Exercise Prescription Guidelines for Older Adults**

ACSM recommends the following for exercise prescription in older adults:

- Intensity: Moderate to vigorous intensity
- Duration: 150-300 minutes per week
- Frequency: 2-3 days per week
- Type: Aerobic, strength training, flexibility

### **ACSM Exercise Guidelines for Healthy Adults**

ACSM recommends the following for healthy adults:

- Intensity: Moderate to vigorous intensity
- Duration: 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week
- Frequency: 2-3 days per week
- Type: Aerobic, strength training, flexibility

### **ACSM Definition of Exercise**

ACSM defines exercise as "any bodily movement that is produced by skeletal muscles and that requires energy."

### **ACSM Guidelines for Strength Training in Older Adults**

ACSM recommends the following for strength training in older adults:

- Intensity: 60-80% of one-repetition maximum
- Duration: 8-12 repetitions per set
- Frequency: 2-3 days per week
- Type: Compound exercises targeting multiple muscle groups

### **ACSM Physical Activity Guidelines for Obesity**

ACSM recommends the following for physical activity in individuals with obesity:

- Intensity: Moderate intensity

- Duration: 150 minutes per week
- Frequency: 3 days per week
- Type: Aerobic, strength training, flexibility

## ACSM Minimum Guidelines for Flexibility

ACSM recommends the following minimum guidelines for flexibility:

- Static stretching: Hold each stretch for 10-30 seconds, 2-3 times per week
- Dynamic stretching: Perform stretches while moving, before exercise or as part of a warm-up

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