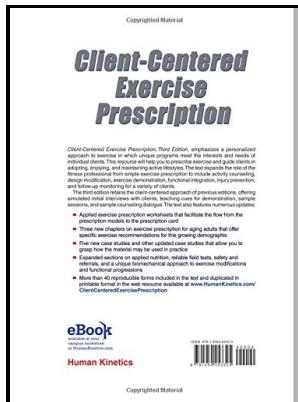


Client-centered exercise prescription

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Notes: Includes bibliographical references (p. 249-255) and index.

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Griffin Publisher: Human Kinetics ISBN: Category: Medical Page: 339 View: 819 John Griffin presents an exercise prescription model that focuses on the unique body types and needs of clients. Advanced Fitness Assessment and Exercise Prescription Book Review: Advanced Fitness Assessment and Exercise Prescription, Eighth Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and customized exercise prescription. The text explains the vital role that muscle balance plays in maintaining musculoskeletal health and teaches how to recognize and treat muscle imbalance before it causes serious damage.

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Each lab features the same easy-to-follow format outlining the purpose of the lab, materials required, background information, procedures, discussion questions, and references. We must understand the process by which this adaptation occurs. It will provide professionals and students with fundamental knowledge of disease-specific pathology and treatment guidelines while also guiding readers through the clinical exercise physiology associated with exercise testing and training of patients with a chronic disease.

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Central to the book are seven client-centered models for each major fitness component that serve as a template of options for each decision in the prescription process: activity counseling, musculoskeletal exercise design, exercise demonstration, cardiovascular exercise prescription, resistance training prescription, muscle balance and flexibility prescription, and weight management prescription. With its reorganized format, up-to-date information, and forms and worksheets, this text is also a valuable best-practices reference for health and fitness specialists certified by the ACSM and other organizations. The text also details how clinical exercise physiologists can most effectively address issues facing special populations, including children, the elderly, and female athletes.

ACSMs Guidelines for Exercise Testing and Prescription

Clinical Exercise Physiology, Second Edition, is easy to navigate--the logical order of the chapters makes key information easy to find. Specific case examples are included to illustrate the practical aspects of assessment and formulation of rehabilitation plans.

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