

Acsm Guidelines For Exercise Testing And Prescription

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ACSM's Guidelines For Exercise Testing & Prescription Chapter 4 Physical Fitness Testing & Interpretation Purposes Of Fitness Testing To educate the patient about their present fitness relative to health-related standards as well as age and gender matched norms.

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ACSM's Guidelines for Exercise Testing and Prescription. 9th Ed. 2014. Linda S Pescatello, Ross Arena, Deborah Riebe, Paul D Thompson Wolters Kluwer/Lippincott Williams & Wilkins, Philadelphia, PA. 456 pp; \$43.99. CAD ISBN: 978-1-6091-3955-1. The ninth edition of this book consists of a ...

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