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Part I Basics of
Interpretation (Imad Hussain, MD)

April 29, 2020 ACSM's Guidelines for
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is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information.

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recommendations that reflect the latest research □

Acsm Exercise Testing Guidelines -
10/2020

ACSM and CDC recommendations
state that: All healthy adults aged
18□65 yr should participate in

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Moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.

Physical Activity Guidelines Resources
- ACSM

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Counting And Prescription
Count how many times you feel a pulse in a specific time period. Let's use 15 seconds for this. Start with the first pulse you feel at 0, or if there is lag, start with 1 second. Determine the heart rate by multiplying the number you got by the right number to get to 60 seconds.

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ACSM CPT Chapter 12: Client Fitness
Assessments

ACSM's Exercise Testing and
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the assessment and exercise
prescription-related content from
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critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student.

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that cannot be distinguished from
ventricular tachycardia ; Less serious
arrhythmias (abnormal heart rhythms)
such as supraventricular tachycardia ;
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ACSM's Guidelines for Exercise Testing and Prescription

This book by the American College of Sports Medicine is an invaluable resource for anyone in the field of Exercise Physiology or other related fitness fields. I use it on a regular basis as a quick reference guide for fitness

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Testing and Evaluation. This also a necessary book for anyone taking one of the ACSM certification tests.

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this practical resource walks students
through the process of selecting and
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sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

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The American College of
Cardiology/American Heart
Association Task Force on Practice
Guidelines was formed to make
recommendations regarding the
appropriate use of testing in the

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diagnosis and treatment of patients
with known or suspected
cardiovascular disease. Exercise
testing is widely available and
relatively low in cost.

ACC/AHA Guidelines for Exercise
Testing: Executive Summary

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ACSM's Guidelines for Exercise

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ACSM's Guidelines for Exercise
Testing and Prescription, 6th Edition .
Author: ACSM, Bibliographic Data:
(ISBN: 0-683-30355-4, Lippincott
Williams & Wilkins, 2000, \$29.95) 13
chapters, 368 pages, Contributors,
spiral bound cover Audiences:

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Exercise Specialists, Sports Medicine
Specialists Subjects: Sports Medicine,
Physical Therapy Other Info: The book
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