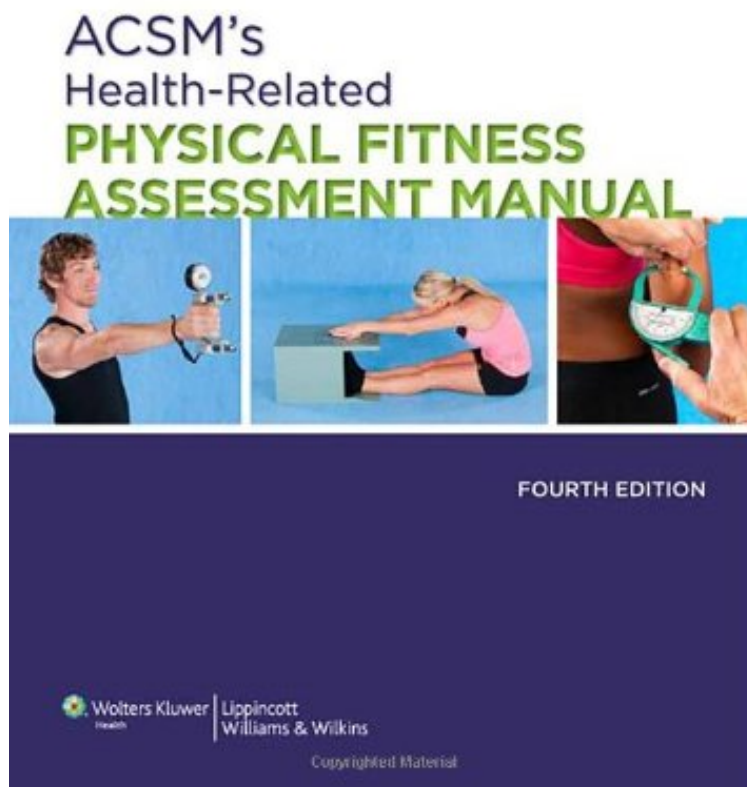


# ACSM's Health-Related Physical Fitness Assessment Manual

*American College of Sports Medicine*  
audiobook | \*ebooks | Download PDF | ePub | DOC



#140693 in Books Lippincott Williams Wilkins 2013-03-28 Original language: English PDF # 1 10.25 x 7.00 x .50l, .83 #File Name: 1451115687192 pages | File size: 49.Mb

**American College of Sports Medicine : ACSM's Health-Related Physical Fitness Assessment Manual** before purchasing it in order to gauge whether or not it would be worth my time, and all praised ACSM's Health-Related Physical Fitness Assessment Manual:

0 of 0 people found the following review helpful. Not necessary for the exam but a good reference as a CPTBy ECBGreat book. I am certified through ACSM but I also used this during a class at my university based on assessment. It could have been written a little bit better and flowed but it got the point across. I'm not sure if you really need this book for the exam. I didn't use it while studying for the exam.0 of 0 people found the following review helpful. Great for any personal trainer who is trying to be ...By CustomerReally makes you understand a vast number of fitness assessments. Great for any personal trainer who is trying to be successful.0 of 0 people found the following

review helpful. Great Preparation!By DanielleAlthough I have no plans on going into the sports medicine or physical therapy field, this book was extremely helpful in explaining all of the fitness assessments that are performed. On the day of my practical, I felt more than ready to provide my client an accurate assessment because of this book. I can only imagine how beneficial this book will be to someone who is interested in the career fields I mentioned.

Publishers Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Published by the American College of Sports Medicine, this authoritative manual teaches health fitness professionals and students how to appropriately conduct fitness assessment testing. The goal of this Fourth Edition of ACSM's Health-Related Physical Fitness Manual is to provide a comprehensive overview of why and how to perform assessments of the five health-related components of physical fitness, namely body composition, muscular strength, muscular endurance, flexibility, and cardiorespiratory fitness. Features of the Fourth Edition include: Reorganized and expanded information, including discussion of unique assessment principles and the major limitations of some assessment methods Step-by-step instructions for assessment of health-related physical fitness and resources for interpretation of test results. Updated references to ACSM's Guidelines for Exercise Testing and Prescription, Ninth Edition. More than 110 boxes, tables, and figures to help the reader understand the concepts of health-related physical fitness. Case study analysis at the conclusion of each assessment chapter and suggested laboratory activities to help students master the concepts of health-related physical fitness. Available instructor resources include fully searchable online text, an image bank, PowerPoint slides, and a Test Generator. The American College of Sports Medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 45,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit [www.acsm.org](http://www.acsm.org), [www.acsm.org/facebook](http://www.acsm.org/facebook), and [www.twitter.com/acsmnews](http://www.twitter.com/acsmnews).

"It is perfect for introducing students to health and fitness assessment and as a refresher for those who are in the field and need up-to-date guidelines." "This book is unique in that it is focused specifically on health and fitness principles and techniques that have been set forth by the ACSM. It is clear and concise while containing numerous figures and diagrams to illuminate key points and difficult concepts." "This book is of similar quality to other ACSM publications. The contributors are among the field's most respected scientists. I recommend this book for those thinking about working in a health and fitness field but who haven't had much exposure to fitness testing." Doody's sErik H VanIterson, M.S., M.Bio(University of Minnesota School of Kinesiology) Weighted Numerical Score: 100 - 5 Stars!