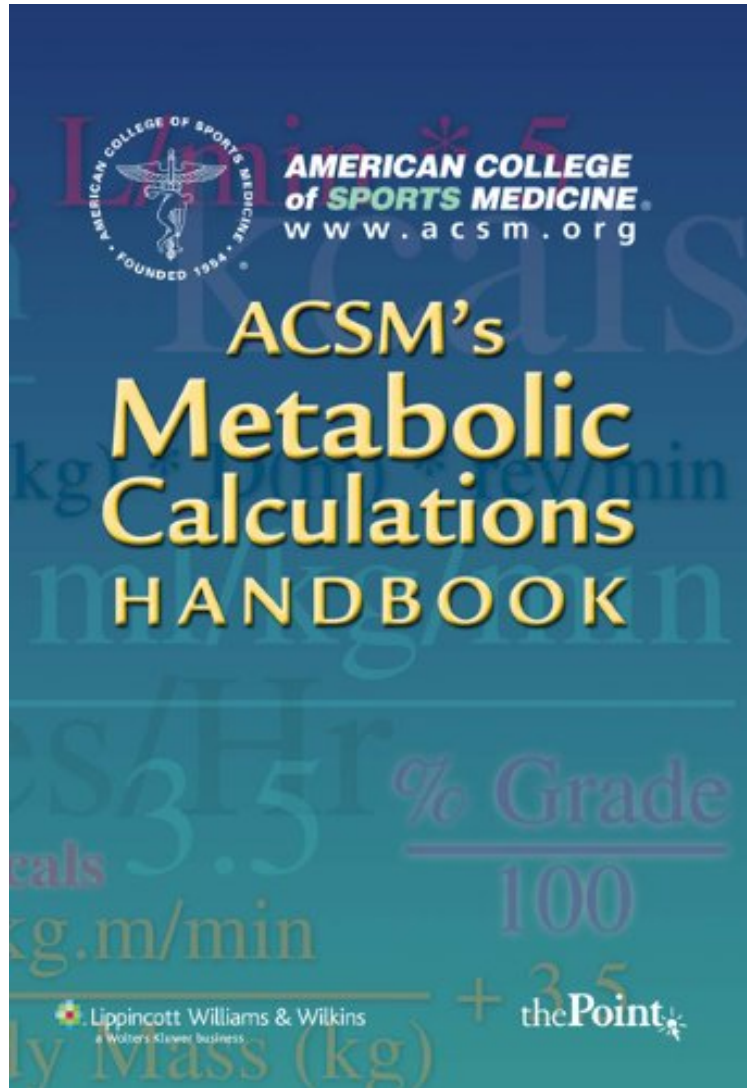


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ACSM's Metabolic Calculations Handbook

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American College of Sports Medicine : ACSM's Metabolic Calculations Handbook before purchasing it in order to gage whether or not it would be worth my time, and all praised ACSM's Metabolic Calculations Handbook:

4 of 4 people found the following review helpful. ACSM MetcalcsBy Reader 45This book is good for a review of the metabolic equations and how to solve for each of the variables. However, it is poorly proofed and full of errors. Seeing as this book deals primarily with calculations you would think they would pay closer attention to detail, not is this case. Many of the answers are incorrect and/or the decimals are rounded incorrectly. So, if you need a refresher on how to solve for different variables this is a decent book but trust your math and do not get overly frustrated if your

answers vary from those in the book. I would, however, recommend checking your own work just to make sure you have done it correctly. On a more positive note, this book does provide plenty of practice tables and does walk you through each of the questions demonstrating the proper way to set them up and solve. 1 of 1 people found the following review helpful. Good Practice for ACSM-HFS By pjporsche This book provides good practice for the ACSM-HFS exam. I take my exam this week and it is an excellent resource in terms of formatting and memorizing the metabolic equations and their applications. My one frustration was with the numerous errors in rounding, and sometimes flat out wrong answers. As the book goes on it gets worse so be prepared. There is a section specifically created to sample some of the multiple choice questions found on their exams. They are several times more difficult than the practice questions in the previous chapters and additionally in the certification review manual. As it pertains to the test it's nice to see some questions that foreshadow the difficulty of the actual exam. However, there are numerous mistakes that lead to the point of frustration and second guessing. I would still recommend this book though. Just remember to breathe and be confident with what you know. I only hope the actual exam doesn't have the same errors on it. 0 of 0 people found the following review helpful. If you are a candidate for the ACSM CES or ... By J. Kostra III If you are a candidate for the ACSM CES or RCEP this book is a must. I have taken both exams successfully and the other exam prep books will not cover the information needed to get the problems correct, unless you are a student just out of your undergraduate or masters program.

This handbook provides a step-by-step approach to using metabolic equations, from basic math principles to applying the equations to an exercise plan. Chapters focus separately on each equation, provide an easy-to-follow process of solving, and demonstrate the varied uses of the equation in clinical as well as fitness settings. Each chapter includes a set of problems that focus on real-world applications of the equation. Step-by-step problem solution explanations are provided at the end of each chapter. A comprehensive exam at the end of the book tests the reader's skill in using the equations.