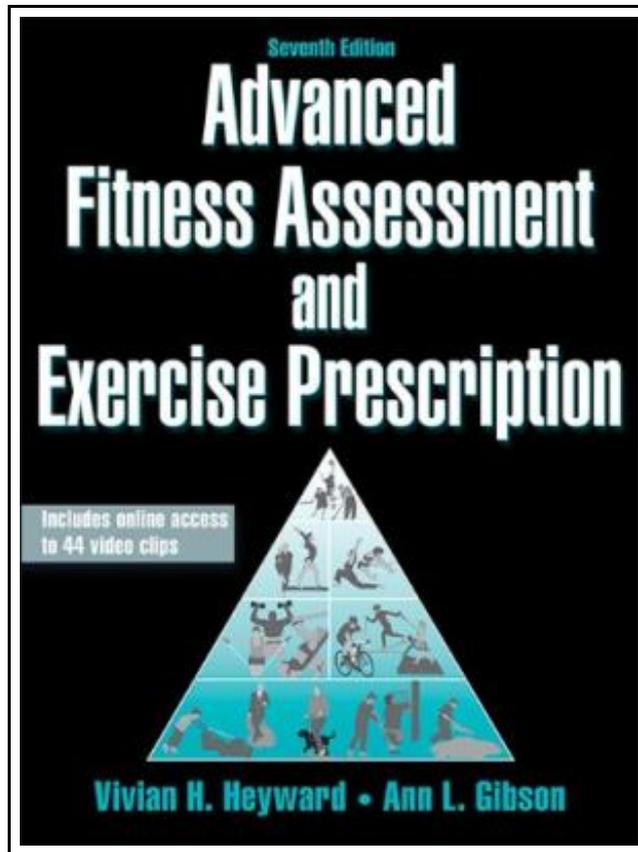


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ADVANCED FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION WITH ACCESS CODE



Human Kinetics Publishers. Hardcover. Book Condition: New. Hardcover. 552 pages. Dimensions: 11.1in. x 9.0in. x 1.2in. Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and exercise prescription. The text bridges the gap between research and practice and synthesizes concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to provide a clearly defined approach to physical fitness testing and the design of individualized exercise programs. The accompanying online videos enhance the learning experience and teach the techniques necessary for conducting fitness testing and program design. More than 40 clips featuring common exercise assessments will help users learn essentials of fitness testing, such as calibration of blood pressure cuffs, functional movement assessment, and push-up and pull-up testing. Unlike introductory texts, which typically focus on field testing for evaluating physical fitness, this text includes both field and laboratory assessment techniques. Readers will find the latest information on maximal and submaximal graded exercise testing in healthy populations, muscular fitness testing protocols and norms for children and adults, and field tests and norms for evaluating cardiorespiratory fitness, muscular fitness, body composition, flexibility, and balance. The seventh edition of Advanced Fitness Assessment and Exercise Prescription reflects current guidelines and recommendations, including new physical activity recommendations from the U. S. government, American Heart Association, and American College of Sports Medicine (ACSM), as well as the latest ACSM guidelines for medical exam and exercise testing requirements before beginning exercise programs. Additional updates to the seventh edition include the following: New research substantiating the link between physical activity and disease risk Expanded information on prediabetes, metabolic syndrome, osteoporosis, and overweight and obesity, including updated statistics on the global prevalence of obesity New dietary guidelines for Americans, including information on MyPlate Inclusion of SCORE system to estimate 10-year...



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