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Organized around the scope of ACSM-EP practice domains, ACSM's Resources for the Exercise Physiologist includes an introductory section focusing on understanding exercise, physical activity, and pre-exercise screening. Coverage of assessment and programming for both healthy and special populations and extensive content about behavior change allows the ACSM-EP to provide program options for varying types of clients.

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ACSM Resources for the Exercise Physiologist

ACSM is dedicated to supporting its certified exercise professionals with resources that can be utilized during the COVID-19 pandemic, including resources to enable you to support your clients in a virtual/online environment. Please check this page often as we will continue to add resources. COVID-19 Prevention Virtual and Online Training

ACSM Exercise Professional Resources

Essential resources and downloads related to the ACSM physical activity guidelines. You demanded a summary page for ACSM Guidelines and we've got you covered. ACSM Guidelines: All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five

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

ACSM Guidelines Resources and Downloads

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activity, and pre-exercise screening.

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ACSM is known throughout the industry as the "gold standard" when it comes to exercise recommendations. Thanks in large part to the publication of ACSM's Guidelines for Exercise Testing and Prescription, now in its 10th edition. GETP has been a staple resource for professionals since 1975.

Physical Activity Guidelines Resources - ACSM

The American College of Sports Medicine's resource library offers a comprehensive collection of books, infographics, articles, videos, publications and more for ACSM members and the public about sports medicine and exercise science. ACSM is dedicated to

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ACSM Resource Library

ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition. ACSM's Guidelines for Exercise Testing and Prescription is the flagship title from the American College of Sports Medicine, the prestigious organization that sets the standards for the exercise profession. This critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student.

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ACSM's Resources for the Exercise Physiologist, Second Edition

This book provides coverage of anatomy, exercise physiology, biomechanics, behavior modification, and nutrition as well as assessment of strength and flexibility and the development of resistance and cardiorespiratory training programs.

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ACSM's Resources for the Exercise Physiologist, 2nd Edition Gain a clear understanding of exercise, physical activity, and pre-exercise screening with this new edition.

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It is an extension of two existing ACSM publications: "ACSM's Guidelines for Exercise Testing and Prescription" and "ACSM's Resource Manual for Exercise Testing and Prescription". The many chronic diseases and disabilities addressed reflect the diverse conditions for which exercise therapy has been shown to provide benefit.

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