



ACSM's Health-Related Physical Fitness Assessment Manual

By American College of Sports Medicine

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ACSM's Health-Related Physical Fitness Assessment Manual By American College of Sports Medicine

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, www.acsm.org/facebook, and www.twitter.com/acsmnews.

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Editorial Review

Review

"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 Reviews

Erik H VanIterson, M.S., M.Bio(University of Minnesota School of Kinesiology)

Weighted Numerical Score: 100 - 5 Stars!

Users Review

From reader reviews:

Lenora Hungate:

In this 21st century, people become competitive in every single way. By being competitive right now, people have do something to make them survives, being in the middle of typically the crowded place and notice through surrounding. One thing that occasionally many people have underestimated the item for a while is reading. Yep, by reading a book your ability to survive enhance then having chance to stand up than other is high. For yourself who want to start reading any book, we give you this particular ACSM's Health-Related Physical Fitness Assessment Manual book as beginning and daily reading e-book. Why, because this book is greater than just a book.

Mamie Esters:

In this period of time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The particular book that recommended to you personally is ACSM's Health-Related Physical Fitness Assessment Manual this guide

consist a lot of the information with the condition of this world now. This particular book was represented how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. The particular writer made some research when he makes this book. That's why this book acceptable all of you.

Nathan Barnes:

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