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The Health Fitness Professional

Acsms Nutrition For The Health Fitness Professional

Here is the ultimate resource for maximizing your exercise and nutrition efforts. In this new edition of ACSM's Complete Guide to Fitness & Health, you have an authoritative reference that allows you to apply research-based guidance to your unique health and fitness needs. With a focus across the life span, this resource shows you how to pursue optimal health and fitness now and throughout the years to come. The American College of Sports Medicine, the largest and

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most respected sport science and medicine organization in the world, has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health. This new edition contains age-specific advice within the framework of the latest research, thus helping you to avoid the lure of fads, unfounded myths, and misinformation. You will learn these strategies:

- Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health.
- Optimize your weight and increase strength, flexibility, aerobic fitness, and functional fitness.
- Improve health and manage conditions such as

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diabetes, cardiovascular disease, cancer, depression, osteoporosis, arthritis, pregnancy, and Alzheimer's disease through exercise and nutrition. • Monitor, evaluate, and tailor your exercise program for optimal results. Featuring step-by-step instructions and full-color photos for the most effective exercises, sample workouts, practical advice, age-specific physical activity and dietary guidelines, and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles, ACSM's Complete Guide to Fitness & Health is a resource that belongs in every fitness enthusiast's library. This comprehensive text provides

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coverage of fitness assessment concepts, hands-on prescription applications, and a thorough preparation for ACSM certification exams. Exercise testing and prescription are presented within a health-related context that provides the latest research findings on exercise and nutrition, obesity, heart disease, diabetes, cancer, and aging.

Publisher's 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. New from the American College of Sports Medicine! This clear and highly applied overview of exercise nutrition illustrates difficult

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concepts using real-world examples and case studies that allow students to put learning into practice. Well-known author Dan Benardot draws on his vast experience as an instructor, scientist, and practitioner to craft an engaging and factual resource that makes the nutrition of exercise science accessible. Written at a level appropriate for both exercise science majors and non-majors, this practical book is packed with helpful in-text learning aids and stunning visuals that bring concepts to life. As an ACSM publication, this text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

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Based on the latest scientific research findings, ACSM's Behavioral Aspects of Physical Activity and Exercise lays the theoretical foundation of behavior change and then provides specific strategies, tools, and methods to motivate and inspire clients to be active, exercise, and stay healthy. Developed by the American College of Sports Medicine (ACSM) and written by a team of leading experts in exercise science and motivation, this highly practical book provides step-by-step instructions to help fitness/health professionals and students master motivation techniques that have proven successful in helping clients adhere to an exercise program.

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ACSM's Health-related Physical
Fitness Assessment Manual

ACSM's Introduction to Exercise
Science

Sports Nutrition for Health
Professionals

ACSM's Behavioral Aspects of
Physical Activity and Exercise

ACSM's Nutrition for Exercise
Science

Published by the American College of Sports Medicine, ACSM's Fitness Assessment Manual builds on the standards established in ACSM'S Guidelines for Exercise Testing and Prescription, 11th Edition. With a focus on assessment, this new 6th edition is organized by component of fitness: body composition, cardiorespiratory fitness, muscular fitness, flexibility; and by type of testing: maximal and

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submaximal exercise testing, ECG, and metabolic calculations. Updated coverage throughout in a user-friendly format, makes this an essential resource for those studying to enter the fitness and rehabilitation fields, as well as those already working who need to align their practice to industry standards.

Written by international experts in physiology, exercise physiology, and research, ACSM's Advanced Exercise Physiology gives students an advanced level of understanding of exercise physiology. It emphasizes the acute and chronic effects of exercise on various physiological systems in adults and the integrative nature of these physiological responses.

Chapters detail how different body systems respond to exercise. Systems include nervous, skeletal, muscular,

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respiratory, cardiovascular, gastrointestinal, metabolic, endocrine, immune, renal, and hematopoietic systems. Additional chapters explain how these responses are altered by heat, cold, hypoxia, microgravity, bed rest, and hyperbaria. Milestones of Discovery pages describe classic or memorable experiments in exercise physiology.

"ACSM's Exercise for Older Adults is a new book designed to help health and fitness professionals guide their older clients to appropriate exercise programs"--Provided by publisher.

Nutrition for Health, Fitness & Sport, now in its Eleventh edition, provides the reader with thorough coverage of the role nutrition plays in enhancing one's health, fitness, and sport performance. Current research and practical activities are incorporated

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throughout. This edition welcomes the addition of author, J. David Branch, along with the return of author Eric S. Rawson from the tenth edition, both of whom are actively involved in the disciplines of exercise physiology and sports nutrition, and who have used this textbook over the years to teach their university classes. The eleventh edition truly moves into blending the latest technology for individuals to utilize in combining nutritional and exercise choices for health and sports performance. Featured nutritional information includes the introduction to the Academy of Nutrition and Dietetics position stand on the total approach to healthy eating and to the latest report on Dietary Guidelines for Americans, while exercise and physical activity featured content includes the introduction to High Intensity Interval

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Training (HITT) and its possible application to exercise for health, along with the Compendium of Physical Activities. Enhanced discussion of the latest trends of various exercise applications (apps) and personal digital fitness measurement equipment, such as fitness bands and fitness watches, are also hallmarks of the eleventh edition. More than 300 new references, including clinical studies, reviews, and meta-analyses, have also been added to the text.

ACSM Fitness Book

A Comprehensive, Evidence-Based
Manual for the Practitioner
Nancy Clark's Sports Nutrition
Guidebook

Practical Applications in Sports
Nutrition

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The second edition of Nutrition and Metabolism in Sports, Exercise and Health offers a clear and comprehensive introduction to sport and exercise nutrition, integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science underpinning physiological and metabolic processes. Informed by the latest research in this fast-moving discipline, the book includes brand-new sections on, amongst others:

- Cellular structure for metabolism
- Alcohol and metabolism
- Uncoupling protein and thermogenesis
- Dietary guidelines from around the world
- Nutrient timing
- Protein synthesis and muscle hypertrophy
- Protein supplementation
- Ergogenic effects of selected stimulants
- Nutritional

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considerations for special populations

- *Dehydration and exercise performance*

Each chapter includes updated pedagogical features, including definitions of key terms, chapter summaries, case studies, review questions and suggested readings. A revised and expanded companion website offers additional teaching and learning features, such as PowerPoint slides, multiple-choice question banks and web links. No book goes further in explaining how nutrients function within our biological system, helping students to develop a better understanding of the underlying mechanisms and offering the best grounding in applying knowledge to practice in both improving athletic performance and preventing disease. As such, Nutrition and Metabolism in Sports, Exercise

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and Health is essential reading for all students of sport and exercise science, kinesiology, physical therapy, strength and conditioning, nutrition or health sciences.

Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research

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and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook,

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Second Edition, has the following features:

- An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs*
- A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship*
- Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning*
- A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of*

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technology and social networks to improve effectiveness, and key features of best-practice programs

-An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety

The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description

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of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program.

Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite

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Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions®

System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution

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Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal

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Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any

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health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

Nutrition for Sport, Exercise, and Health

ACSM's Clinical Exercise Physiology

ACSM's Worksite Health Handbook

ACSM's Sports Medicine

Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management

Developed by the American College of Sports Medicine (ACSM), ACSM's Foundations of Strength Training and Conditioning offers a comprehensive

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introduction to the basics of strength training and conditioning. This updated 2nd edition focuses on practical applications, empowering students and practitioners to develop, implement, and assess the results of training programs that are designed to optimize strength, power, and athletic performance. Clear, straightforward writing helps students master new concepts with ease, and engaging learning features throughout the text provide the understanding and confidence to apply lessons to clinical practice.

Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores,

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drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's Sports Nutrition Guidebook has the answers

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you can trust.

ACSM's Body Composition Assessment provides practicing fitness, health, and medical professionals with information about various body composition measurement methods in clinical and field settings--evidence-based protocols, advantages, sources of measurement error, and more.

NUTRITION, EXERCISE, AND BEHAVIOR: AN INTEGRATED APPROACH TO WEIGHT MANAGEMENT is designed for students and professionals in a variety of disciplines who need to understand the basic principles of weight management. It incorporates a multifaceted, public health approach to issues of weight management examining not only individual factors, but societal, family, and environmental

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factors contributing to eating disorders and overweight/obesity. The text includes detailed coverage of assessment techniques, behavioral and non-behavioral treatment approaches, and prevention strategies. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

ACSM's Foundations of Strength Training and Conditioning

ACSM's Complete Guide to Fitness & Health

ACSM's Exercise Testing and Prescription

ACSM's Certification Review

ACSM's Complete Guide to Fitness & Health, 2E

Fitness Professionals' Guide to Sports Nutrition and Weight Management is an indispensable text that gives fitness

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professionals essential advice and information on how to help their clients make better nutrition choices that effectively support an active lifestyle.

Dr. Kruskall offers a wide variety of useful tips and practical guidance to fitness professionals, such as how to provide their clients with nutritional advice while staying within their scope of practice. This combination book and DVD package will serve as a valuable resource for health and fitness professionals who want to share scientifically sound, yet easy-to-understand and practical, nutrition information with their clients.

ACSM's Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise

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programs for cancer patients and survivors. Developed by the American College of Sports Medicine (ACSM), this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers. Dr. Melinda L. Irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship. With an emphasis on practical application, the text discusses the following:

- Incidence and prevalence of the most common cancers
- Common cancer treatments and side effects
- Benefits of exercise after a diagnosis of cancer
- Exercise testing, prescription, and programming
- Nutrition and weight management
- Counseling for health behavior change
- Injury prevention
- Program administration

This guide presents evidence-based

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information to assist health, fitness, and medical professionals in using exercise to help cancer survivors with recovery, rehabilitation, and reducing the risk of recurrence. Throughout the text, readers will find quick-reference Take-Home Messages that highlight key information and how it can be applied in practice. Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient, such as physician's permission forms, medical and cancer treatment history forms, weekly logs of exercise and energy levels, medication listings, and nutrition and goal-setting questionnaires. In addition, ACSM's Guide to Exercise and Cancer Survivorship discusses all of the job task analysis points tested in the ACSM/ACS Certified Cancer Exercise

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Trainer (CET) exam, making this the most complete resource available for health and fitness professionals studying to attain CET certification. Each chapter begins with a list of the CET exam points discussed in that chapter. A complete listing is also included in the appendix. As both an essential preparation text for certification and a practical reference, ACSM's Guide to Exercise and Cancer Survivorship will increase health and fitness professionals' knowledge of the benefits of exercise after a cancer diagnosis as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors. Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors. More clinicians and oncologists are recommending exercise as a strategy for

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reducing the side effects of treatment, speeding recovery, and improving overall quality of life. In turn, cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities. With ACSM's Guide to Exercise and Cancer Survivorship, health and fitness professionals can provide safe exercise programs to help cancer survivors improve their health, take proactive steps toward preventing recurrences, and enhance their quality of life.

The field of sports medicine is evolving, accelerated by emerging technologies and changing health care policies. To stay up to speed and ace the Boards, you need a resource that moves at your pace. Sanctioned by the American College of Sports Medicine (ACSM), this handy review addresses all areas of

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the sports medicine subspecialty board examination--with coverage that spans the full spectrum of sports medicine, from medical to skeletal conditions related to the athlete. The editors and authors include orthopedic surgeons, family physicians, pediatricians, internal medicine specialists, physiatrists, certified athletic trainers, physical therapists, psychologists, nutritionists, exercise physiologists and more, ensuring that you'll benefit from the broad spectrum of expertise embraced by the specialty. Look inside and explore...* Seven convenient sections address general considerations, evaluation of the injured athlete, medical problems, musculoskeletal problems, principles of rehabilitation, sports-specific populations, and special populations.* Comprehensive coverage includes all topic areas featured on

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sports medicine subspecialty board exams.* Easy-access bulleted format makes essential facts simple to locate and recall.* Tables, figures, and algorithms make complex ideas easy to grasp and retain. PLUS...* An online companion resource includes nearly 1,000 board-style practice questions with rationale for correct and incorrect responses--a great way to test your knowledge and improve your exam performance!

Presenting an engaging, up-to-date overview of exercise science and its related fields, ACSM's Introduction to Exercise Science, 4th Edition, guides students to success throughout their courses and delivers a robust exploration of potential careers for today's exercise science professionals. This full-color resource combines a succinct, accessible approach with the

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proven expertise of the American College of Sports Medicine — the leading authority in exercise science and sports medicine — to establish a practical understanding of how human movement assists individuals in their pursuit of good health, appropriate levels of physical activity and exercise, and successful sport and athletic performance. Each chapter illustrates the importance and practical relevance of key topics and provides an insider's view of the profession through fascinating interviews and online video profiles and field trips. Updated to meet the needs of today's emerging professionals, this 4th Edition incorporates new resources that emphasize application and help students make a confident transition to practice. ACSM's Resources for the Personal Trainer

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ACSM's Fitness Assessment Manual
Advanced Sports Nutrition
Complete Guide to Fitness & Health
ACSM's Resources for the Health
Fitness Specialist

Advanced Sports Nutrition helped thousands of athletes apply the most effective and cutting-edge strategies for optimal fueling and performance. Now this best-seller returns, updated with the latest research, topics, and innovations in sports nutrition. Far beyond the typical food pyramid formula, Advanced Sports Nutrition offers serious strategies for serious athletes. This comprehensive guide includes the latest nutrition concepts for athletes in any sport. World-renowned sports nutritionist Dr. Dan Benardot

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breaks down the chemistry of improved performance into winning principles that ensure athletes' key energy systems are properly stocked at all times:

- Meal, energy, and nutrient timing guidelines to maintain that crucial energy balance throughout the day*
- Optimal ratios and quantities of nutrients, vitamins, and minerals for any sport*
- Guidelines on indentifying and maintaining optimal body composition for maximal power, strength, and athletic performance*
- The latest research on ergogenic aids, such as quercitin and caffeine*
- Strategies for avoiding gastrointestinal distress during activity and reducing exercise-induced inflammation*
- The effects of*

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travel, high altitude, and age on nutrition needs and performance
-Strategies for balancing fluid and electrolytes to avoid dehydration and hyperhydration
-Sport-specific guidelines for increased power, strength, and endurance
The best conditioning programs and technical instruction are beneficial only if your body is properly fueled and ready to operate at peak efficiency. With Advanced Sports Nutrition, Second Edition, you can be assured that when you are ready to push the limits of training and competition, your body is, too.

'ACSM's Nutrition for the Health Fitness Professional'.

ACSM's Clinical Exercise Physiology adapts and expands

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upon the disease-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom textbook. This new resource offers research-based coverage of more than 35 conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are organized by disease types and then divided into sections that cover specific conditions from a pathological and etiological perspective. To provide a complete view of clinical exercise physiology, the book also covers important considerations and foundational elements, such as

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screening, pharmacology, and electrocardiography. As an American College of Sports Medicine publication, the text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

Compiles key information on the major areas of exercise, fitness, and health; provides the programs, principles, and guidelines for safe and efficient results; and offers activities and programs for all ages and fitness levels.

*Exercise Testing and Prescription
ACSM's Guidelines for Exercise Testing and Prescription
ACSM's Exercise for Older Adults
Acsm's Nutrition for the Health*

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Fitness Professional

*Nutrition for Health, Fitness and
Sport*

**"ACSM's Introduction to Exercise Science is an introduction to the field of exercise science"--
This text will guide readers through a simple four-item fitness test that assesses current level of fitness based on cardiorespiratory endurance, muscular strength and endurance, flexibility, and healthy body composition.
This is a review manual for candidates wanting**

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an ACSM credential. It combines content from 'ACSM's Health and Fitness Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

This new text from the American College of Sports Medicine (ACSM) contains information necessary to develop skills for assessing an individual's health-related physical fitness. It provides the reader with a practical "how-to-do-it" approach for

performing these assessment skills effectively, and an understanding of the theory behind and the importance of each skill or assessment. Reported errors associated with each test are also given, and a step-by-step instruction of the skills is provided in order for the reader to gain proficiency through practice.

Illustrations and tables supplement the text and enhance learning.

**ACSM's Advanced
Exercise Physiology**

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**ACSM's Resources for the
Exercise Physiologist
Nutrition and Metabolism
in Sports, Exercise and
Health**

**ACSM's Body Composition
Assessment**

**ACSM's Guide to Exercise
and Cancer Survivorship**

**Nutrition for Sport, Exercise, and
Health includes applied content
and research-based guidelines to
help students distinguish between
nutrition recommendations backed
by science and the plethora of
misinformation available in the
field. This comprehensive resource
blends nutrition and exercise
science with practical information
to provide a clear understanding of**

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how nutrition affects sports, exercise, and overall health. Nutrition for Sport, Exercise, and Health covers the basics of nutrition, including the functions of and daily allowances for carbohydrate, fat, and protein, as well as micronutrient recommendations; the importance of hydration and electrolyte balance; nutrition in health and disease prevention; population-based nutrition considerations for training and sports; and practical information on measuring and altering body composition. The accessible presentation of material keeps students from getting too bogged down in research, and the text offers real-world applications. Students will also discover career opportunities available to them,

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including qualifications and job responsibilities for each position. The full-color text includes more than 70 photos and more than 140 illustrations alongside digestible, engaging writing. Concepts are presented in a user-friendly manner, and each chapter includes a number of features that enhance understanding:

- Chapter objectives provide a roadmap to ease students into upcoming content.**
- Key terms help students focus on important vocabulary. The key terms are identified at the beginning of the chapter, appear in boldface within the chapter, and are included within the glossary, where they are defined.**
- Putting It Into Perspective sidebars contain compact vignettes that help college students relate to the content and**

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apply the concepts to their own lives. • **Do You Know?** sidebars are short callouts that provide key insights and easy takeaways for students. • **Review questions** help students identify areas they may need to revisit as well as reinforce key concepts. Content is organized in a logical sequence, with each chapter building upon the information previously presented. In part I, the reader is provided with an overview of the role nutrition plays in overall well-being throughout a person's life. Part II focuses on each macronutrient and its role in health and disease, as well as dietary recommendations that support health and an active lifestyle. The role of micronutrients in health and performance is covered in part III. Part IV provides

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information on the application of nutrition to sport, exercise, and health. Instructors will find a full suite of ancillaries that will be helpful in their teaching. The instructor guide and presentation package plus image bank will help in preparing for class, while the test package and chapter quizzes will help assess student learning. Students and professionals alike will benefit from the broad coverage found in Nutrition for Sport, Exercise, and Health. Armed with accessible, research-based application, readers will have the tools they need to improve athletic performance, exercise outcomes, and general well-being. An essential preparation book for the ACSM Certified Exercise Physiologist examination, ACSM's

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Resources for the Exercise Physiologist, 3rd Edition, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports Medicine, this practical resource is organized around the scope of ACSM-EP practice domains. A clear introduction to understanding exercise, physical activity, and pre-exercise screening opens the book, followed by thorough coverage of assessment and programming for

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healthy populations, assessment and programming for special populations, counseling and behavioral strategies for encouraging exercises, and legal, management and professional issues relevant to practice.

ACSM's Health/Fitness Facility Standards and Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings in a safe environment. This text is based in large part on both the work that has begun through the NSF international initiative to develop industry standards to serve as the foundation for a voluntary health and fitness facility certification process and the third edition of

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ACSM's Health/Fitness Facility Standards and Guidelines. The ACSM's team of experts in academic, medical, and health and fitness fields have put together an authoritative guide for facility operators and owners. By detailing these standards and guidelines and providing supplemental materials, ACSM's Health/Fitness Facility Standards and Guidelines provides a blueprint for health and fitness facilities to use in elevating the standard of care they provide their members and users as well as enhance their exercise experience. The fourth edition includes new standards and guidelines for pre-activity screening, orientation, education, and supervision; risk management and emergency procedures; professional staff and

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independent contractors; facility design and construction; facility equipment; operational practices; and signage. This edition includes these updates:

- Standards and guidelines aligned with the current version of the pending NSF international health and fitness facility standards**
- New guidelines addressing individuals with special needs**
- New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities**
- Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities, medically integrated facilities, and demographic-specific facilities**
- New standards and guidelines to better equip facilities**

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that are dealing with youth to ensure the proper care of this segment of the clientele With improved organization, new visual features, and additional appendixes, the fourth edition offers a comprehensive and easy-to-use reference of health and fitness facility standards and guidelines. Readers can readily apply the information and save time and expense using over 30 templates found within the appendixes, including questionnaires, informed consent forms, and evaluation forms. Appendixes also contain more than 30 supplements, such as sample preventive maintenance schedules, checklists, and court and facility dimensions. Included in appendix A is Blueprint for Excellence, which

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allows readers to search efficiently for specific information regarding the standards and guidelines within the book. Health and fitness facilities provide opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an integral part of the health care system. The fourth edition of ACSM's Health/Fitness Facility Standards and Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for their health through safe and appropriate exercise experiences.

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Sports Nutrition for Health Professionals merges the basic principles and latest evidence-based scientific understanding of sports nutrition with the real-world practical applications that health professional students must master to help their current and future clients to optimize athletic performance, overall satisfaction and success with sports and physical activity. Step-by-by, you'll learn about the scientific basis of sports nutrition and how to apply that knowledge to real-life situations and interactions with clients. You'll follow six different clients as they are evaluated by a variety of health professionals and undergo a series of assessments and self-administered tests. By seeing how the science of Sports

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Nutrition can be applied to sample clients, you will be able to take that knowledge and apply it to your future clients.

**Fitness Professionals Guide to
Sports Nutrition and Weight
Management**

**ACSM's Health/Fitness Facility
Standards and Guidelines**

Nutrition in Clinical Practice

A Comprehensive Review

**ACSM's Exercise Management for
Persons with Chronic Diseases and
Disabilities**

This valuable new resource is specifically designed for candidates for the ACSM's Certified Health Fitness Specialist (HFS) and those personal trainers wanting to take their knowledge to the next level. It contains the latest material on health and fitness written by the entity setting the

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standard for scientifically based practice, The American College of Sports Medicine. The American College of sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

A guide offering practical and theoretical exercise programming information for development with special needs individuals. The contributors outline 40 different conditions in the areas of cardiovascular and pulmonary diseases, metabolic diseases, immunological/hematological disorders, orthopedic di

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ACSM'S Exercise Testing and Prescription adapts and expands upon the assessment and exercise prescription-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom resource. Fully aligned with the latest edition of ACSM's flagship title, ACSM's Guidelines for Exercise Testing and Prescription, this practical resource walks students through the process of selecting and administering fitness assessments, using Guidelines to interpret results, and drafting an exercise prescription that is in line with Guidelines parameters. Designed for today's learners, the text is written in a clear, concise style, and enriched by visuals that promote student engagement. As an American College of Sports

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Medicine publication, the book offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

Revised and updated to keep pace with the growing changes in the field, the Fourth Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices, and prepares them to assist athletes and fitness enthusiasts in achieving their personal performance goals. Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients, micronutrients, and water and their relation to athletic performance. Later chapters focus on the practical and

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applied aspects of sports nutrition including behavior change through consultations and weight management. Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant, vegetarian, or have chronic diseases. The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience. New to the Fourth Edition: New discussion of sports nutritionists as evidence-based practitioners Current MyPlate food group recommendations Revised discussion of the relationship between current body weight and carbohydrate intake, as well as the types and the amounts of carbohydrates that should be consumed during exercise New Food For Thought callouts identify

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related material in Sports Nutrition Workbook and Assessments Updated statistics, guidelines, and regulations found throughout the text, including obesity statistics, carbohydrate intake and vitamin needs."

Nutrition for Sport and Exercise

ACSM's Complete Guide to Fitness & Health, Second Edition, offers the most current exercise and nutrition guidelines along with assessments, exercises, activities, and programs for varying ages, special conditions, and fitness goals.

Authoritative and comprehensive, it makes adding, enhancing, or customizing a fitness and health routine safe and effective.

Written by one of America's foremost authorities in preventive medicine, Nutrition in Clinical Practice, Second Edition is the

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practical, comprehensive, evidence-based reference that all clinicians need to offer patients effective, appropriate dietary counseling. This fully revised edition incorporates the latest studies and includes new chapters on diet and hematopoiesis, diet and dermatologic conditions, and health effects of coffee, chocolate, and ethanol. Each chapter concludes with concise guidelines for counseling and treatment, based on consensus and the weight of evidence. Appendices include clinically relevant formulas, nutrient data tables, patient-specific meal planners, and print and Web-based resources for clinicians and patients.