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## Acsm's exercise testing and prescription

Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients, this trusted manual is an essential resource for all exercise professionals, as well as other health professionals who may counsel patients on exercise including physicians, nurses, physician's assistants, physical and occupational therapists, dieticians, and health care administrators. Purchase of the new print edition of this Lippincott® Connect title includes access to the digital version of the book, plus additional study resources such as the ability to highlight and take notes on key passages for a more personal, efficient study experience. UPDATED! Integrated guidelines, including the 2018 Physical Activity Guidelines for Americans, reflect the most current, clinically sound approaches to exercise testing and prescription. NEW! Chapter on conditions that affect the brain familiarizes students with specific strategies for the treatment of Parkinson's disease, Alzheimer's disease, autism, depression and anxiety. UPDATED! Enhanced organization helps students find information quickly and easily. FITT (Frequency, Intensity, Time, Type) boxes make locating critical exercise prescription information quick and easy. Revised appendices integrate valuable information on ECGs, medication and emergency management where it is most relevant. A new appendix on metabolic equations is included. Additional boxes, tables, and figures highlight important concepts and approaches at a glance. Brain Related Updates [1:40] Preexercise Evaluation [1:36] Cardiovascular Updates [1:55] Appendices Updates [2:21] The eleventh edition of this flagship resource from the American College of Sports Medicine delivers up-to-date, scientifically based standards on exercise testing and prescription to prepare students for success in clinical practice. Explore what Senior Editor Dr. Gary Liguori has to say about this new edition: © 1996-2014, Amazon.com, Inc. or its affiliates Get scientifically based, evidence-informed standards that prepare you for success — from the source you trust! ACSM's Guidelines for Exercise ... Read More Get scientifically based, evidence-informed standards that prepare you for success — from the source you trust! ACSM's Guidelines for Exercise Testing and Prescription, 12th Edition, from the prestigious American College of Sports Medicine, provides authoritative, succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy populations and individuals with conditions or special considerations. Lippincott Connect is available for this title. If you wish to purchase a package that includes Lippincott Connect see other purchase options. Now fully up to date from cover to cover, this flagship title is an essential resource for all exercise professionals, as well as other health care professionals who may counsel patients on exercise, including physicians, nurses, physician assistants, physical and occupational therapists, personal trainers, team physicians, and more. Updated content reflects current ACSM guidance on best practices for exercise testing and prescription, based on changes in the field and advances in research. Expanded coverage on the application of exercise testing and prescription in applied settings, as well as updated coverage on behavioral theories and resistance training. Reader-friendly features include abbreviations and common acronyms listed up front; boxes, tables, and figures that highlight key concepts in quick-reference, easy-to-digest formats; case studies that reflect real-world experience; FITT tables that apply Frequency, Intensity, Time, and Type principles; and useful appendices on common medications, ECG interpretation tips, metabolic calculations, and more. Updated and expanded student and instructor resources reflect all changes in the 12th edition, making this title a must-have resource for students, independent learners, and educators, as well as fitness professionals, allied health professionals, and others who care for active adults. You can't out-run a sedentary lifestyle. New research shows that light-intensity physical activity is an Learn about the many benefits of youth resistance training and best practices for implementing a Research shows that resistance exercise may be as effective as aerobic exercise for improving many Dr. Coleman shares valuable insights on starting a habit of regular physical activity in children, jump to ratings and reviewsThis text has long been considered the Gold Standard in sports medicine, exercise science, and health and fitness. It enables you to test and evaluate individuals to prescribe effective exercise programs tailored to their particular needs and based on the latest evidence.Highlights - A new chapter on behavior strategies to help keep clients motivated and committed to lifelong exercise- Expanded coverage of special populations- As always, the latest guidelines and recommendations from ACSM and other professional organizations 4 people are currently readingGet help and learn more about the design. The flagship title from the prestigious American College of Sports Medicine, this critical handbook delivers scientifically based, evidence-informed standards to prepare you for success. Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients, this trusted manual is an essential resource for all exercise professionals, as well as other health professionals who may counsel patients on exercise including physicians, nurses, physician assistants, physical and occupational therapists, dieticians, and health care administrators. The extensively updated eleventh edition has been reorganized for greater clarity and integrates the latest Physical Activity Guidelines for Americans. The flagship title from the prestigious American College of Sports Medicine, this critical handbook delivers scientifically based, evidence-informed standards to prepare you for success. Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients, this trusted manual is an essential resource for all exercise professionals, as well as other health professionals who may counsel patients on exercise including physicians, nurses, physician's assistants, physical and occupational therapists, dieticians, and health care administrators. The extensively updated eleventh edition has been reorganized for greater clarity and integrates the latest Physical Activity Guidelines for Americans. 1 ACSM's Guidelines For Exercise Testing And PrescriptionChapter 5 Clinical Exercise Testing 2 Exercise Testing Best used for :Patients w/ signs & symptoms who are probably + for CAD Persons w/ multiple risk factors but who are asymptomatic 3 Individuals who have jobs requiring high work capacities or for jobs where public safety is of primal importance People with CAD to assess residual cardiac function 4 Adverse Exercise Signs Indicating Poor PrognosisWork capacities < 5 METs Significant ST segment depression w/ low level work intensities Hypotensive BP w/ exercise 5 Types Of Tests Treadmill testsBruce or Ellestad - good for young folks because the between-stage graduations of grade and speed are more aggressive USAFSAM or Naughton - good for older folks because of the more gradual between-stage progressions of grade and speed 6 Bruce Protocol GXT Stage Speed Grade Dur. I 1.7 mph 10 % 3 minII 2.5 mph 12 % 3 min III 3.4 mph 14 % 3 min IV 4.2 mph 16 % 3 min V 5.0 mph 18 % 3 min VI 5.5 mph % 3 min 7 Modified Bruce Stage Speed Grade Dur. I 1.7 mph 0 % 3 minII 1.7 mph 5 % 3 min III 1.7 mph 10 % 3 min IV 2.5 mph 12 % 3 min V 3.4 mph 14 % 3 min VI 4.2 mph 16 % 3 min VII 5.0 mph 18 % 3 min 8 USAFSAM GXT Stage Speed Grade Dur. I 2.0 mph 0 % 3 minII 3.3 mph 0 % 3 min III 3.3 mph 5 % 3 min IV 3.3 mph 10% 3 min V 3.3 mph 15% 3 min VI 3.3 mph 20% 3 min 9 Reasons To Stop The TestDrop in BP with increases in workload Moderate to severe angina Ataxia, dizziness, syncope Dysrhythmias ST segment elevations and depressions Hypertensive responses SOB beyond exercise norms 10 How Should I Monitor The Patient ?HR & BP Anginal Scale Dyspnea Scale Borg's RPE Scale EKG monitoring - Leads I, II, V5 Patient's subjective symptomatology 11 How Do I Choose A Test ? Let the clinical exercise test reflect the type of job that will be performed in the workplace. Treadmill tests Upper arm ergometry Repetitive lifting/weight carrying test 12 When Does the Patient Return To Work ?Perhaps a job analysis is appropriate to help the patient make the decision as to when they return to work 13 Possibly..... Ascertain the job demands in terms of maximal METs required to function in a satisfactory fashion Individualize rehab to match job demands Ergonomic evaluation of the work station Ask the publishers to restore access to 500,000+ books. The ninth edition of this book consists of a clinical practice guidelines for physical activity from the American College of Sports Medicine. These guidelines began in 1975 and have been continually updated every 4-6 years. There are over 50 contributing authors to this edition alone, consisting of many health professionals and researchers. The book consists of 11 chapters divided into 3 main sections: Health appraisal and risk assessment, Exercise testing, and Exercise prescription. The most valuable new addition is a chapter titled "Behavioural Theories and Strategies for Promoting Exercise". This chapter explains theories as to why individuals adapt sedentary lifestyles and provides strategies to promote an active lifestyle. This book is a useful resource for any health care provider that deals with exercise in their practice. It supports the public health message that practitioners should be ensuring that patients are participating in an active lifestyle in a safe, effective manner. This book highlights how to assess activity levels and prescribed exercises for a variety of conditions and special populations. It focuses on the clinical applicability of exercise testing and health screening before activity. Each chapter has summary points to ensure the reader is aware of the take home concepts. After reading this book you can feel confident that you have an up to date, reliable resource for exercise testing and prescription in the clinic. Articles from The Journal of the Canadian Chiropractic Association are provided here courtesy of The Canadian Chiropractic Association You can't out-run a sedentary lifestyle. New research shows that light-intensity physical activity is an Learn about the many benefits of youth resistance training and best practices for implementing a Research shows that resistance exercise may be as effective as aerobic exercise for improving many Dr. Coleman shares valuable insights on starting a habit of regular physical activity in children,