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ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training. Highlights include: * An expanded behavior change section with the tools needed to motivate people to begin exercise and then adhere to a program * Content reflects the most recent research findings in the field as well as ACSM position stands

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ACSMs Guidelines for Exercise Testing and Prescription

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edition. Editor: Kaminsky, Leonard A., PhD, FACSM. Bibliographic Data: (ISBN: 0-7817-4591-8, Lippincott Williams & Wilkins, 2006, \$51.95) 749 pages, soft cover.

DESCRIPTION: Although this resource manual complements the seventh edition of the ACSM Guidelines for Exercise Testing and Prescription and serves as a study guide for ACSM certifications, it should also be considered a stand-alone reference for health ...

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