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Guidelines - 10/2020

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ACSM and CDC recommendations state that: All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity

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aerobic activity for a minimum of 20 min on three days per week.

Physical Activity Guidelines  
Resources - ACSM

Count how many times you feel a pulse in a specific

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time period. Let's use 15 seconds for this. Start with the first pulse you feel at 0, or if there is lag, start with 1 second. Determine the heart rate by multiplying the number you got by the right number to get to 60

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seconds.

ACSM CPT Chapter 12: Client  
Fitness Assessments  
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Prescription adapts and  
expands upon the assessment  
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Read and Research | ACSM

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Exercise-induced bundle  
branch block that cannot be  
distinguished from  
ventricular tachycardia ;  
Less serious arrhythmias  
(abnormal heart rhythms)  
such as supraventricular  
tachycardia ; 1995 ACSM's

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"Guidelines for Exercise  
Testing/Prescription"

ACSM Indications For  
Termination of an Exercise  
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Description ACSM's  
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This book by the American  
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is an invaluable resource  
for anyone in the field of  
Exercise Physiology or other

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related fitness fields. I use it on a regular basis as a quick reference guide for fitness testing and evaluation. This also a necessary book for anyone taking one of the ACSM certification tests.

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Sports Medicine (ACSM)  
promotes and integrates  
scientific research,  
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applications of sports  
medicine and exercise  
science to maintain and  
enhance physical  
performance, fitness,  
health, and quality of life.

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of Sports Medicine

The American College of  
Cardiology/American Heart  
Association Task Force on  
Practice Guidelines was  
formed to make  
recommendations regarding  
the appropriate use of

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testing in the diagnosis and treatment of patients with known or suspected cardiovascular disease.

Exercise testing is widely available and relatively low in cost.

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ACC/AHA Guidelines for  
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Summary

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Exercise Testing and  
Prescription, 6th Edition .  
Author: ACSM, Bibliographic  
Data: (ISBN: 0-683-30355-4,  
Lippincott Williams &  
Wilkins, 2000, \$29.95) 13  
chapters, 368 pages,  
Contributors, spiral bound

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cover Audiences: Exercise  
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Specialists Subjects: Sports  
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Other Info: The book  
contains predominantly black-  
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