

Exercise Science

ACSM's Fitness Assessment Manual
Sixth Edition

ACSM's

Fitness Assessment Manual

Sixth Edition

American College of Sports Medicine

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Learn to confidently conduct effective physical fitness assessments with this must-have manual published by the American College of Sports Medicine. Organized by component of physical fitness and type of testing, the updated Sixth Edition reflects the latest ACSM Guidelines for Exercise Testing and Prescription and makes essential information easy to access, whether used in the classroom or the laboratory setting.

- **Updated content** familiarizes you with the latest testing protocols established in ACSM's Guidelines for Exercise Testing and Prescription, Eleventh Edition.
- **New chapters** walk you through the use of metabolic calculations and electrocardiography in physical fitness assessment.
- **Laboratory activities** integrated throughout test your knowledge and understanding of assessment methodology.
- **Case studies** challenge you to apply what you've learned and strengthen your assessment and interpretation skills.
- **Text boxes, tables, and figures** clarify important information at a glance.
- **Chapter outlines and summaries** highlight key chapter concepts for fast reference.

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Assessment Center Manual

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