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ACSM's Guidelines for Exercise Testing and Prescription, 10th ed. Philadelphia (PA): Lippincott Williams & Wilkins; 2017, p. 195-202. Author: Katie Hake is a registered dietitian nutritionist and an ACSM certified personal trainer. In addition to her private practice, Katie Hake Health & Fitness (KatieHake.com), LLC, she works as a metabolic ...

ACSM Ch. 3 Guidelines for Exercise Testing Flashcards ...

ACSM's Guidelines for Exercise Testing and Prescription. 9th Ed. 2014. Linda S Pescatello, Ross Arena, Deborah Riebe, Paul D Thompson Wolters Kluwer/Lippincott Williams & Wilkins, Philadelphia, PA. 456 pp; \$43.99. CAD ISBN: 978-1-6091-3955-1. The ninth edition of this book consists of a ...

ACSMs Exercise Testing and Prescription
Her research on topics including exercise and hypertension, physical activity interventions and exercise genomics (among other topics)

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has been widely published. She was the recipient of an ACSM Citation Award in 2011, and served as the Senior Editor for ACSM's Guidelines for Exercise Prescription and Testing, 9th edition. References. 1.

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Author: ACSM Editor: Lippincott Williams & Wilkins ISBN: 1609136055 FileSize: 99 MB File Format: Pdf Read: 9775 ACSM's Guidelines for Exercise Testing and Prescription by ACSM

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Participant instructions before exercise testing 1) at minimum participants should refrain from ingesting food, alcohol, or caffeine or using tobacco products within 3 h

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of testing 2) Participants should be rested and avoid significant exertion or exercise on the day of the assessment

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2 Guidelines for Exercise Testing †

www.acsm.org of oxygen uptake reserve ($V \cdot O_2 R$), heart rate reserve (HRR), oxygen consumption ($V \cdot O_2$), heart rate (HR), or metabolic equivalents (METs) (see Box 6.2 E).hca of these methods for describing the intensity of PA has strengths and limitations.

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