

Recommended title for 2006 ACSM Certification Examinations! Designed as a companion to ACSMs Guidelines for Exercise Testing and Prescription, Seventh Edition and as a recommended study tool for ACSM certifications, this book covers all the major aspects of preventive rehabilitative and fitness programs and the main points from all position stands of the American College of Sports Medicine. It provides readers with the necessary background information to address the knowledge, skills, and abilities (KSAs) set forth in ACSMs Guidelines. New topics covered and those with increased emphasis include assessment of physical activity, applied exercise programming, arthritic diseases and conditions, neuromuscular diseases and exercise, and more.

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