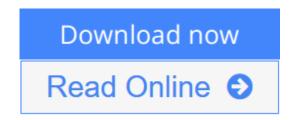


ACSM's Health-Related Physical Fitness Assessment Manual

By American College of Sports Medicine



ACSM's Health-Related Physical Fitness Assessment Manual By American College of Sports Medicine

Published by the American College of Sports Medicine, this authoritative manual teaches health fitness professionals and students how to appropriately conduct fitness assessment testing.

The goal of this Fourth Edition of *ACSM's Health-Related Physical Fitness Manual* is to provide a comprehensive overview of why and how to perform assessments of the five health-related components of physical fitness, namely body composition, muscular strength, muscular endurance, flexibility, and cardiorespiratory fitness.

Features of the Fourth Edition include:

- · Reorganized and expanded information, including discussion of unique assessment principles and the major limitations of some assessment methods
- Step-by-step instructions for assessment of health-related physical fitness and resources for interpretation of test results.
- Updated references to ACSM's Guidelines for Exercise Testing and Prescription, Ninth Edition.
- More than 110 boxes, tables, and figures to help the reader understand the concepts of health-related physical fitness.
- Case study analysis at the conclusion of each assessment chapter and suggested laboratory activities to help students master the concepts of healthrelated physical fitness.

• Available instructor resources include fully searchable online text, an image bank, PowerPoint slides, and a Test Generator.

The American College of Sports Medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 45,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit www.acsm.org, www.acsm.org/facebook, and www.twitter.com/acsmnews.

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Editorial Review

Review

"It is perfect for introducing students to health and fitness assessment and as a refresher for those who are in the field and need up-to-date guidelines."

"This book is unique in that it is focused specifically on health and fitness principles and techniques that have been set forth by the ACSM. It is clear and concise while containing numerous figures and diagrams to illuminate key points and difficult concepts."

"This book is of similar quality to other ACSM publications. The contributors are among the field's most respected scientists. I recommend this book for those thinking about working in a health and fitness field but who haven't had much exposure to fitness testing."

Doody's Reviews

Erik H VanIterson, M.S., M.Bio(University of Minnesota School of Kinesiology)

Weighted Numerical Score: 100 - 5 Stars!

Users Review

From reader reviews:

Douglas Barlow:

This ACSM's Health-Related Physical Fitness Assessment Manual book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this guide incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This ACSM's Health-Related Physical Fitness Assessment Manual without we understand teach the one who reading through it become critical in considering and analyzing. Don't become worry ACSM's Health-Related Physical Fitness Assessment Manual can bring any time you are and not make your bag space or bookshelves' become full because you can have it inside your lovely laptop even telephone. This ACSM's Health-Related Physical Fitness Assessment Manual having great arrangement in word and layout, so you will not truly feel uninterested in reading.

Glen Thomas:

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Wilfred Walker:

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