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- Intensity of exercise can be expressed as multiples of 1 MET. A person exercising at 6 METS is expending 6x the amount of energy compared to rest. Maximal exercise capacity in METS would

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ASSESSMENT: The team of distinguished authors, led by Senior Editor Mitchell H. Whaley, PhD, has continued the huge success of ACSM's Guidelines for Exercise Testing and Prescription. This edition has been updated to include the most current information and several new sections. This is a must-have resource for anyone in fields related to exercise testing and prescription.

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in stress testing provides additional details on the supervision and interpretation of exercise tests. 13: ACSM "Guidelines for Exercise Testing and Prescription" 24 /2010

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ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edition. Editor: Kaminsky, Leonard A., PhD, FACSM. Bibliographic Data: (ISBN: 0-7817-4591-8, Lippincott Williams & Wilkins, 2006, \$51.95) 749 pages, soft cover. DESCRIPTION: Although this resource manual complements the seventh edition of the ACSM Guidelines for Exercise Testing and Prescription and serves as a ...

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New pre-exercise health screening recommendations are critical to helping more of the population begin a safe, healthy physical activity program without consulting a physician. Visit our

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ACSM's Resources for the EP – June 2017. ACSM's Resources for the CPT – September 2017. In addition, it is important to mention that ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, which had been an accompanying title to ACSM's GETP, will no longer be published as a single text. Feedback from certified ...

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