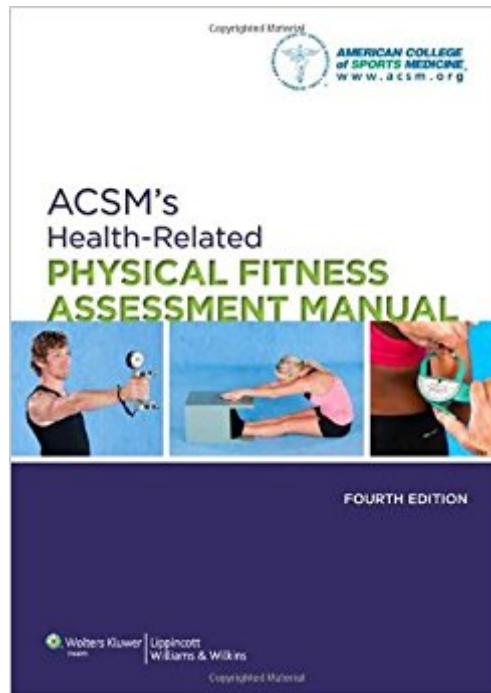




**Ebook Directory**  
the best source of ebook

The book was found

# ACSM's Health-Related Physical Fitness Assessment Manual



## Synopsis

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. 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 health-related 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](http://www.acsm.org), [www.acsm.org/facebook](http://www.acsm.org/facebook), and [www.twitter.com/acsmnews](http://www.twitter.com/acsmnews).

## Book Information

Paperback: 192 pages

Publisher: LWW; Fourth edition (March 28, 2013)

Language: English

ISBN-10: 1451115687

ISBN-13: 978-1451115680

Product Dimensions: 0.5 x 7 x 10.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 30 customer reviews

Best Sellers Rank: #15,399 in Books (See Top 100 in Books) #15 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #20 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Basic Sciences > Pathophysiology #20 in Books >

Medical Books > Medicine > Sports Medicine

## Customer Reviews

“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 ReviewsErik H Vanlterson, M.S., M.Bio(University of Minnesota School of Kinesiology)Weighted Numerical Score: 100 - 5 Stars!

Great book. I am certified through ACSM but I also used this during a class at my university based on assessment. It could have been written a little bit better and flowed but it got the point across. I’m not sure if you really need this book for the exam. I didn’t use it while studying for the exam.

Really makes you understand a vast number of fitness assessments. Great for any personal trainer who is trying to be successful.

Although I have no plans on going into the sports medicine or physical therapy field, this book was extremely helpful in explaining all of the fitness assessments that are performed. On the day of my practical, I felt more than ready to provide my client an accurate assessment because of this book. I can only imagine how beneficial this book will be to someone who is interested in the career fields I mentioned.

This small, portable book is straightforward and easy to read. It presents the necessary formulas and techniques for making thorough assessments without getting bogged down in science. The definitions of the various systems, cardiovascular, muscular, etc, are complete and provide an excellent guideline for the 'whys' of physical fitness assessments. This is an invaluable tool for training and keeping close at hand in the consultation room. Regarding the seller B4u2, she was wonderful. I contacted her to ask for special shipping and she was prompt and responsive. An excellent seller!

It is a good book

Best book out there for lab and clinical testing pertaining to exercise science

Quick ship; better than expected; definitely recommend.

Excellent summary of essential exercise related info. ACSM are the best standard when it comes to this information. Great book

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)  
ACSM's Health-Related Physical Fitness Assessment Manual Pocket Companion for Physical Examination and Health Assessment, 6e (Jarvis, Pocket Companion for Physical Examination and Health Assessment) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) ACSM Personal Trainer Certification Flash Cards: ACSM Test Prep Review with 300+ Flash Cards for the American College of Sports Medicine Certified Personal Trainer Exam Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) ACSM's Complete Guide to Fitness & Health-2nd Edition ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition ACSM's Complete Guide to Fitness & Health (1st Edt) ACSM's Health/Fitness Facility Standards and Guidelines-4th Edition ACSM's Resources for the Exercise Physiologist: A Practical guide for the Health Fitness Professional ACSM's Resources for the Health Fitness Specialist Orthopedic Physical Assessment, 4e (Orthopedic Physical

Assessment (Magee)) Nursing Assessment: Head-to-Toe Assessment in Pictures (Health  
Assessment in Nursing) Innovative Teaching Strategies In Nursing And Related Health Professions  
(Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions)  
ACSM/NCHPAD Resources for the Inclusive Fitness Trainer ACSM's Resource Manual for  
Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise  
Testing and Prescription) Physical Examination and Health Assessment Online for Seidel's Guide to  
Physical Examination (Access Code, and Textbook Package), 8e Ideal Protein Cookbook - The  
Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness  
Health and Wellness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)