Table of Contents

Contents
Preface
Acknowledgments
Credits

Part I: Pre-test Responsibilities
Chapter 1. Orientation to Lab Instruments, Procedures, and Responsibilities
Chapter 2. Calibrating Lab Instruments
Chapter 3. Risk-Factor Evaluation, Medical History, and Informed Consent

Part II: Techniques in Exercise Testing
Chapter 4. Introduction to Health Fitness Assessment Techniques
Chapter 5. Submaximal Exercise Test Protocols
Chapter 6. Assessment of Body Fat
Chapter 7. Evaluation of Muscular Strength and Endurance
Chapter 8. Evaluation of Flexibility
Chapter 9. ECG Placement and Monitor Operations

Part III: Exercise Prescription
Chapter 10. Metabolic Calculations
Chapter 11. Prescriptions for Initial Conditioning, Improvement, and Maintenance
Chapter 12. Assessing the Participant's Goals and Gaining Commitment to an Exercise Prescription
Chapter 13. Case Study Reports

Appendixes
Appendix A. Exercise Testing and Prescription Forms
Appendix B. Data-Collection Worksheets
Appendix C. Pharmacological Effects on Cardiorespiratory Responses to Exercise
Appendix D. Metric Conversions
Appendix E. Metabolic and Anthropometric Equations

Glossary
Index
About the Authors

List of Tables
Table 3.1 ACSM's Initial Risk-Stratification Table
Table 3.2 ACSM's Recommendations
Table 4.1 Standardized Descriptions of Sites for Body-Composition Measurements
Table 5.1 Correction Factors for Predicted Maximal Oxygen Uptake
Table 5.2 Classification of Maximal Oxygen Uptake (Maximal Aerobic Power) by Age Group
Table 5.3 Maximal O2 Uptake (Men): VO2 L/min
Table 5.4 Maximal O2 Uptake (Women): VO2 L/min
Table 6.1 Body Mass Index and Waist Circumference Disease-Risk Classification
Table 6.2 Body Composition Chart (Values Expressed in % Fat)
Table 7.1 One-Repetition Maximum for Bench Press (Upper-Body Strength)
Table 7.2 One-Repetition Maximum for Leg Press (Lower-Body Strength)
Table 7.3 One-Minute Curl-Up (Crunch) Abdominal Endurance
Table 7.4 One-Minute Push-Up Endurance
Table 7.5 Standard Values for Grip Strength—Dominant Hand (kg)
Table 8.1 Standard Values for Ankle Flexibility
Table 8.2 Standard Values for Shoulder Elevation (in Inches)
Table 8.3 Standard Values for Trunk Extension (in Inches)
Table 8.4 Standard Values for Trunk Flexion (in Inches)