



Exercise Prescription - 2nd Edition: A Case Study Approach to the ACSM Guidelines

David Swain, Brian Leutholtz

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You will find no better preparation source for the American College of Sports Medicine (ACSM) certification than the new, second edition of *Exercise Prescription: A Case Study Approach to the ACSM Guidelines*. Authors David Swain and Brian Leutholtz present a series of case studies to help you translate the ACSM guidelines for exercise prescription into practical knowledge.

This second edition of *Exercise Prescription* utilizes the most up-to-date information published in the seventh edition of the ACSM's *Guidelines* to provide an excellent study resource not only for those preparing for ACSM certification, but for any certification that follows the guidelines set by the ACSM. And unlike the numerous texts that concentrate on the theory and fundamentals of exercise prescription guidelines, this text presents real-life case studies that clearly show readers how the information is applied. You will find new criteria for screening, risk factor thresholds, and fitness norms, as well as revised recommendations for exercise intensity. The text also contains expanded readings on special populations such as pregnant women, children, and various types of cardiac patients.

From beginning to end, this book is organized to help you build your exercise prescription acumen and confidence. The book begins with a section on fitness assessment and determining clients' risk stratification. Next is a discussion of the basic principles of exercise prescription, including $\dot{V}O_2$ reserve, followed by information on how to use the ACSM metabolic equations. Finally, you will put those equations to work in chapters featuring case studies that present exercise prescriptions for cardiorespiratory fitness, weight loss, muscular strength and flexibility, and special client populations such as children, older adults, and clients with heart disease, diabetes, or hypertension.

Exercise Prescription: A Case Study Approach to the ACSM Guidelines, Second Edition, is formatted for easy reading and includes an appendix of 10 additional case studies—complete with 100 questions and answers—to help you assess your newly gained knowledge. The hands-on, practical approach of this text makes it an ideal resource as you prepare for ACSM certification and enhance your ability to prescribe appropriate exercise for a variety of clients.

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