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ACSM's Metabolic Calculations Handbook

This new handbook from the American College of Sports Medicine provides a step-by-step approach to using metabolic calculations while covering topics from basic math and metabolic principles to practical exercise plan applications.

Designed for an exercise prescription specialist or other practicing professional, this handbook is the essential guide for the exercise prescriber, giving you the ability to professionally utilize the science in both clinical and fitness settings.

Highlights and Features:

Metabolic power offers an essential foundation to the science of metabolism and energy measurement. This primer provides a refresher on the basic algebra needed to work with mathematical formulas.

Practice tables help you work through each equation by filling in missing exercise intensity information. They feature calculations and practical formulas for the tables. Comprehensive sets of practice case studies also describe real-world scenarios. Learn to use all units of measure.

Multiple choice tests help you evaluate your skills in applying the equations to a number of real-world scenarios.

ACSM's Guidelines for Exercise Testing and Prescription Summary Sheet and additional information on ACSM's Guidelines for Exercise Testing and Prescription, Second Edition.

This resource is available on its Point™, where teaching, learning and testing link.

The American College of Sports Medicine is the largest, most influential and essential source of information on physical fitness, exercise, and sports medicine, with practical information on exercise testing, exercise prescription, and the science of metabolism. The ACSM is the only organization in the world that provides a comprehensive, evidence-based approach to exercise testing and prescription. The ACSM is the only organization in the world that provides a comprehensive, evidence-based approach to exercise testing and prescription.

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ISBN-10: 0-7897-9238-7
ISBN-13: 978-0-7897-9238-7



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ACSM's METABOLIC CALCULATIONS HANDBOOK

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Table of Contents Acsm Metabolic Calc 10a Su

1. Understanding the eBook Acsm Metabolic Calc 10a Su
 - The Rise of Digital Reading Acsm Metabolic Calc 10a Su
 - Advantages of eBooks Over Traditional Books
2. Identifying Acsm Metabolic Calc 10a Su
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Acsm Metabolic Calc 10a Su
 - User-Friendly Interface
4. Exploring eBook Recommendations from Acsm Metabolic Calc 10a Su
 - Personalized Recommendations
 - Acsm Metabolic Calc 10a Su User Reviews and Ratings
 - Acsm Metabolic Calc 10a Su and Bestseller Lists
5. Accessing Acsm Metabolic Calc 10a Su Free and Paid eBooks
 - Acsm Metabolic Calc 10a Su Public Domain eBooks
 - Acsm Metabolic Calc 10a Su eBook Subscription Services
 - Acsm Metabolic Calc 10a Su Budget-Friendly Options

6. Navigating Acsm Metabolic Calc 10a Su eBook Formats
 - ePub, PDF, MOBI, and More
 - Acsm Metabolic Calc 10a Su Compatibility with Devices
 - Acsm Metabolic Calc 10a Su Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Acsm Metabolic Calc 10a Su
 - Highlighting and Note-Taking Acsm Metabolic Calc 10a Su
 - Interactive Elements Acsm Metabolic Calc 10a Su
8. Staying Engaged with Acsm Metabolic Calc 10a Su
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Acsm Metabolic Calc 10a Su
9. Balancing eBooks and Physical Books Acsm Metabolic Calc 10a Su
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Acsm Metabolic Calc 10a Su
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Acsm Metabolic Calc 10a Su
 - Setting Reading Goals Acsm Metabolic Calc 10a Su
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Acsm Metabolic Calc 10a Su
 - Fact-Checking eBook Content of Acsm Metabolic Calc 10a Su
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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