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ACSM's Guidelines for  
Exercise Testing and  
Prescription is the  
flagship title from the  
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Sports Medicine, the  
prestigious  
organization that sets  
the standards for the

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exercise profession.

This critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student.

## **ACSM's Guidelines for Exercise Testing and Prescription ...**

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*Page 7/25*

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The VO2 Max is pretty

simple: it's the

maximum volume of



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oxygen that a person can use during exercise. Also known as “maximal oxygen consumption,” “peak oxygen intake,” and “maximal oxygen uptake,” VO<sub>2</sub>max is the metric that best describes your personal cardiorespiratory and aerobic fitness level .

## **VO<sub>2</sub> Max Charts Explained - What's VO<sub>2</sub> Max? (2020**

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ACSM's Guidelines for Exercise Testing and Prescription, 10th edition UPDATE - Page 79, Table 4.4: Fitness Categories for Body Composition (% Body Fat) for Men by Age updated from 2009 to 2013

## **ACSM's Guidelines for Exercise Testing and Prescription ...**

ACSM and CDC  
recommendations

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state that: All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.

## **Physical Activity Guidelines**

### **Resources - ACSM**

Purpose of Calculations

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Under steady-state conditions, volume of oxygen ( $\dot{V}O_2$ ) provides a measure of the energy cost of exercise. The rate of oxygen ( $\dot{V}O_2$ ) uptake during maximal exercise indicates the capacity for  $O_2$  transport and utilization. Serves as the criterion of cardiorespiratory fitness. Provides general info about the fuels being utilized for exercise (RER).

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## **ACSM Metabolic Calculations**

Quantity and Quality of  
Exercise for Developing  
and Maintaining  
Cardiorespiratory,  
Musculoskeletal, and  
Neuromotor Fitness in  
Apparently ... 2011  
ACSM Positions  
Statement . ... • % VO<sub>2</sub>  
max • METS (metabolic  
equivalent) • Kcal •  
Perceived exertion  
scales

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## **Exercise**

## **Prescription -**

## **American College of Sports Medicine**

The American College of Sports Medicine (ACSM) promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

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## **ACSM | The American College of Sports Medicine**

For cardiorespiratory fitness, ACSM (2000) recommends intensities between 55% and 65% to 90% of maximum heart rate, or between 40% and 50% to 85% of oxygen uptake reserve ( $\text{VO}_2\text{R}$ ) or Heart Rate Reserve (HRR).

**ExRx.net : Aerobic**  
*Page 15/25*

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## **Exercise Guidelines for Specific Goals**

ACSM's Guidelines for Exercise Testing and Prescription (8), the exercise intensity should range between 50 and 85% of maximal oxygen uptake ( $\dot{V}O_2$  max). In fact, this statement is a

### **(PDF) The ACSM exercise intensity guidelines for ...**

Fitness Testing > Tests  
> Aerobic Endurance >



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Step > ACSM Stepping  
Equation. ACSM  
metabolic equation for  
stepping exercise. The  
American College of  
Sports Medicine  
(ACSM) has an  
equation for  
determining a person's  
total gross  $\dot{V}O_2$  (the  
total rate of oxygen  
consumption during  
both rest and  
exercise), expressed in  
the units  
 $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ . In this  
equation,  $f =$  stepping

# Download Free Acsm Exercise Guidelines frequency in steps.min-1 ...

## **ACSM metabolic equation for stepping exercise - Topend Sports**

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Vo<sub>2</sub>max conditions,  
volume of oxygen (VO  
2) provides a measure  
of the energy cost of  
exercise The rate of  
oxygen (O<sub>2</sub>) uptake  
during maximal  
exercise indicates the

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capacity for O<sub>2</sub> transport and utilization Serves as the criterion of cardiorespiratory fitness Provides Acsm Exercise Guidelines Vo<sub>2</sub>max - hudan.cz Aerobic exercise should occur a minimum of 3 times per week for 30 minutes or more at an intensity of 60% to 75% of HRmax, which is recommended by ...

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## **Acsm Exercise Guidelines Vo2max - modapktown.com**

Accumulate moderate-intensity exercise (40-60% of HRR) for at least 30 minutes on 5 or more days a week, for a total of 150 minutes per week, or vigorous-intensity exercise (60-85% of HRR) for at least 20-25 minutes on 3 or more days a week for a total of 75 minutes per week.

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## **ACSM CARDIO GUIDELINES - Straightforward Fitness**

The purpose of this study was to determine the incidence of meeting specific VO<sub>2</sub>max criteria and to test the effectiveness of a VO<sub>2</sub>max verification stage in college athletes. Thirty-five subjects completed a continuous graded

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exercise test (GXT) to  
volitional exhaustion.  
The frequency of  
achieving v ...

## **Achievement of VO<sub>2</sub>max Criteria During a Continuous Graded ...**

The HR values are  
extrapolated to age-  
predicted HRmax, and  
VO<sub>2</sub>max is estimated  
using a formula from  
the highest speed  
and/or grad that would  
have been achieved if

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the individual had worked to maximum. ... ACSM's Guidelines for Exercise Testing and Prescription 9th Ed Chapter 5 Part 2 19 Terms.

## **ACSM's Guidelines for Exercise Testing and Prescription ...**

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## Vo2max

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Aerobic exercise should occur a minimum of 3 times per week for 30 minutes or more at an intensity of 60% to 75% of HRmax, which is recommended by the ACSM using one of the previously mentioned methods. Walking is



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recommended  
primarily because it  
works on two aspects  
of the disease.

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