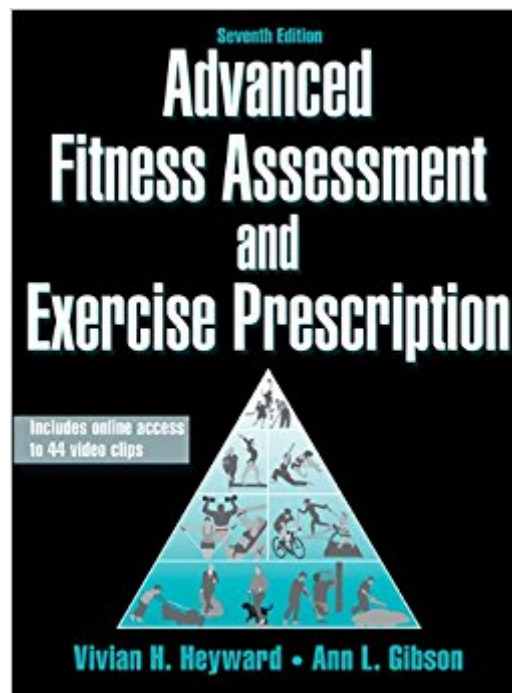




**Ebook Directory**  
the best source of ebook

The book was found

# Advanced Fitness Assessment And Exercise Prescription-7th Edition With Online Video



## Synopsis

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and exercise prescription. The text bridges the gap between research and practice and synthesizes concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to provide a clearly defined approach to physical fitness testing and the design of individualized exercise programs. The accompanying online videos enhance the learning experience and teach the techniques necessary for conducting fitness testing and program design. More than 40 clips featuring common exercise assessments will help users learn essentials of fitness testing, such as calibration of blood pressure cuffs, functional movement assessment, and push-up and pull-up testing. Unlike introductory texts, which typically focus on field testing for evaluating physical fitness, this text includes both field and laboratory assessment techniques. Readers will find the latest information on maximal and submaximal graded exercise testing in healthy populations, muscular fitness testing protocols and norms for children and adults, and field tests and norms for evaluating cardiorespiratory fitness, muscular fitness, body composition, flexibility, and balance. The seventh edition of Advanced Fitness Assessment and Exercise Prescription reflects current guidelines and recommendations, including new physical activity recommendations from the U.S. government, American Heart Association, and American College of Sports Medicine (ACSM), as well as the latest ACSM guidelines for medical exam and exercise testing requirements before beginning exercise programs. Additional updates to the seventh edition include the following:

- New research substantiating the link between physical activity and disease risk
- Expanded information on prediabetes, metabolic syndrome, osteoporosis, and overweight and obesity, including updated statistics on the global prevalence of obesity
- New dietary guidelines for Americans, including information on MyPlate
- Inclusion of SCORE system to estimate 10-year risk of fatal cardiac event due to atherosclerosis
- Expanded information on the use of technology to monitor physical activity
- Updated information on the use of exergaming and social networking to promote physical activity and exercise
- Additional OMNI pictorial scales for ratings of perceived exertion during exercise
- Latest ACSM FITT-VP principle for designing aerobic exercise programs
- Whole-body vibration as an adjunct to resistance training and flexibility training

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition, is organized around physical fitness components, providing information on assessment followed by guidelines for designing exercise programs to improve each fitness component. The text begins with an overview of physical activity, health, and chronic disease, followed by discussion of

preliminary health screening and risk classification, including the principles of fitness assessment, exercise prescription, and exercise program design. The remainder of the text provides in-depth coverage of assessment and exercise prescription for each of five physical fitness components: cardiorespiratory endurance, muscular fitness (strength, endurance, and power), body composition, flexibility, and balance. In each chapter, key questions help readers focus on essential information. Key points, review questions, and key terms reinforce concepts and summarize chapter content. An instructor guide, test package, chapter quizzes, and presentation package plus image bank provide tools for lecture preparation, creative content delivery, and class assessment. New to the seventh edition are online video clips for both students and instructors to further aid comprehension of the text and provide an additional tool for classroom demonstration. By integrating the latest research, recommendations, and information into guidelines for application, *Advanced Fitness Assessment and Exercise Prescription, Seventh Edition*, bridges the gap between research and practice for fitness professionals. Its unique scope, depth of coverage, and clearly outlined approach make it a valuable resource for students and exercise science professionals who want to increase their knowledge, skill, and competence in assessing clients' fitness and designing individualized exercise programs.

## Book Information

Hardcover: 552 pages

Publisher: Human Kinetics; 7 edition (May 1, 2014)

Language: English

ISBN-10: 1450466001

ISBN-13: 978-1450466004

Product Dimensions: 11.2 x 8.7 x 1.2 inches

Shipping Weight: 4.9 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 16 customer reviews

Best Sellers Rank: #6,176 in Books (See Top 100 in Books) #70 in *Books > Health, Fitness & Dieting > Exercise & Fitness* #2007 in *Books > Textbooks*

## Customer Reviews

"This book is authored by well-respected scholars in the exercise sciences, and their contributions to the content of the book are not to be missed. Equally important, the content is well supported by the latest research from peer-reviewed literature." • Doody's Book Review (5 star review)

Vivian H. Heyward, PhD, is a Regents professor emerita at the University of New Mexico, where she taught physical fitness assessment and exercise prescription courses for 26 years. In addition to the previous editions of this book, she has authored two editions of *Applied Body Composition Assessment* (Human Kinetics, 1996, 2004) as well as numerous articles in research and professional journals dealing with various aspects of physical fitness assessment and exercise prescription. Heyward has received many professional awards, including Distinguished Alumni Awards from the University of Illinois and the State University of New York at Cortland and the SWACSM Recognition Award for distinguished professional service and achievement. In her free time, she enjoys hiking, nature photography, golfing, and snowshoeing. Heyward resides in Albuquerque, New Mexico.

Ann L. Gibson, PhD, is an associate professor and researcher in exercise science at the University of New Mexico, with research interests in body composition and physiological responses to exercise. She developed the ancillary materials for the sixth edition of *Advanced Fitness Assessment and Exercise Prescription* in addition to coauthoring the seventh edition. Gibson has presented internationally in the area of obesity research. She has also published original research in journals such as *Medicine & Science in Sports & Exercise*, *American Journal of Clinical Nutrition*, *International Journal of Sport Nutrition & Exercise Metabolism*, *Research Quarterly for Exercise and Sport*, and *The Journal of Bone and Joint Surgery*. Gibson resides in New Mexico, where she enjoys spending time outdoors hiking, biking, climbing, cross-country skiing, and gardening.

The book is okay, but there are no page numbers. This makes it very difficult in class to find the page the teacher is on. If there is something I'm missing here, please let me know. If this is just how it is, I will be returning the e-book. It gets three stars due to the inability to use this in an educational setting.

Arrived early and was in excellent condition with the plastic still on it. Excellent price for this item.

Excellent quality! Looks almost brand new.

It's a book that I needed for a college class.

Needs page # consistent with real book

good

twofer!

I had no problem!!

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

Advanced Fitness Assessment and Exercise Prescription-7th Edition With Online Video 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  
Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for  
Guidlies for Exercise Testing and Prescription) Kickboxing Fitness: A Guide For Fitness  
Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's  
Group Fitness Specialty) Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or  
Competitive Training [ 15 Weeks \* Softback \* Large 8.5" x 11" \* Full Page ... Cycling / Biking ]  
(Exercise & Fitness Gifts) Advanced Cardiovascular Exercise Physiology (Advanced Exercise  
Physiology) Advanced Health Assessment of Women, Third Edition: Clinical Skills and Procedures  
(Advanced Health Assessment of Women: Clinical Skills and Pro) Prescription Drugs:  
Understanding Drugs and Drug Addiction (Treatment to Recovery and Real Accounts of Ex-Addicts  
Volume III - Prescription Drugs Edition Book 3) The Practice of Interventional Radiology,  
with online cases and video: Expert Consult Premium Edition - Enhanced Online Features and Print,  
1e (Expert Consult Title: Online + Print) A SUPER Home Exercise Book for Seniors: A Home  
Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1) Drug Addicts-  
Prescription Pill Drug Abuse: How to Deal With an Addict Adult, Friend, Family Member, Teen or  
Teenager Who is Addicted to Medications (Prescription Pill Drug Abuse Help) Fitness for Polo -  
Exercise Guide (Fitness for Polo Series Book 1) Fitness for Polo - FitBall Exercise Guide (Fitness  
for Polo Series Book 2) 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) Therapeutic Exercise for Musculoskeletal  
Injuries 4th Edition With Online Video Exercise Technique Manual for Resistance Training 3rd  
Edition With Online Video Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery  
Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series)

Vaginal Surgery for the Urologist: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Exercise Testing and Prescription Lab Manual-2nd Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)