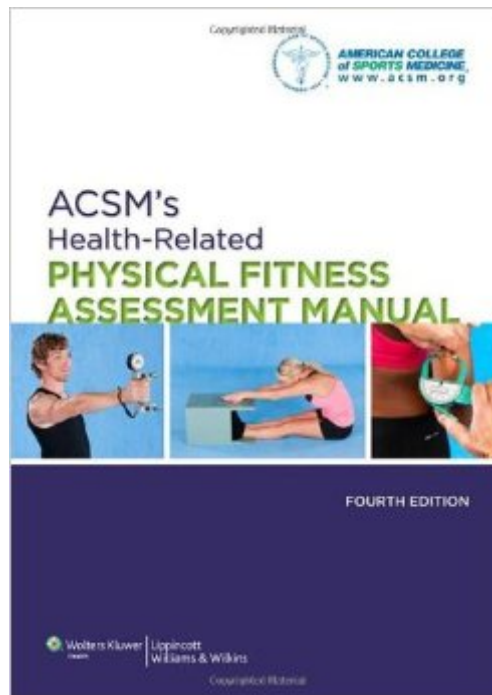


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# ACSM's Health-Related Physical Fitness Assessment Manual



## Synopsis

Published by the American College of Sports Medicine, this authoritative manual teaches health fitness professionals and students how to appropriately conduct fitness assessment testing. The goal of this Fourth Edition of ACSM's Health-Related Physical Fitness Manual is to provide a comprehensive overview of why and how to perform assessments of the five health-related components of physical fitness, namely body composition, muscular strength, muscular endurance, flexibility, and cardiorespiratory fitness. Features of the Fourth Edition include:

- Reorganized and expanded information, including discussion of unique assessment principles and the major limitations of some assessment methods
- Step-by-step instructions for assessment of health-related physical fitness and resources for interpretation of test results
- Updated references to ACSM's Guidelines for Exercise Testing and Prescription, Ninth Edition
- More than 110 boxes, tables, and figures to help the reader understand the concepts of health-related physical fitness
- Case study analysis at the conclusion of each assessment chapter and suggested laboratory activities to help students master the concepts of health-related physical fitness
- Available instructor resources include fully searchable online text, an image bank, PowerPoint slides, and a Test Generator

The American College of Sports Medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 45,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit [www.acsm.org](http://www.acsm.org), [www.acsm.org/facebook](http://www.acsm.org/facebook), and [www.twitter.com/acsmnews](http://www.twitter.com/acsmnews).

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## Customer Reviews

Although I have no plans on going into the sports medicine or physical therapy field, this book was extremely helpful in explaining all of the fitness assessments that are performed. On the day of my practical, I felt more than ready to provide my client an accurate assessment because of this book. I can only imagine how beneficial this book will be to someone who is interested in the career fields I mentioned.

Great book. I am certified through ACSM but I also used this during a class at my university based on assessment. It could have been written a little bit better and flowed but it got the point across. I'm not sure if you really need this book for the exam. I didn't use it while studying for the exam.

The book was exactly what I was expecting to receive and came in a timely fashion. It was very useful in my exercise science class.

Excellent summary of essential exercise related info. ACSM are the best standard when it comes to this information. Great book

Great book for serious fitness professionals!. I am an exercise instructor. at a community hospital, needed this book for fitness assessments. Excellent. source!

Is a great tool for students and professionals. Good resource. Great complement for the ACSM Guidelines book. Good tables. like it.

Lots of information that I would not have if I had not read this book. I would highly recommend this book and its sister books.

Excellent. ACSM fills a gap in the literature for Cardiologists and Occupational physicians as well.

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