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The general exercise prescription guidelines for the senior population are developed from the ACSM guidelines (1995). Mode. The mode of exercise for the

older population should be activities with low-impact on their joints. The activities include walking, stationary cycling, water exercise, swimming, or machine-based stair climbing.

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ACSM Guidelines for Aerobic Exercise Prescription. aerobic exercise. general recommendation. frequency. intensity. ... ACSM's Exercise Testing & Prescription Abbreviations. AACVPR. ABI. ACC. ACE-1. American Association of Cardiovascular and Pulmonary Rehabil ...

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ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition. Editor: Whaley, Mitchell H., PhD, FACSM Bibliographic Data: (ISBN: 0-7817-4506-3, Lippincott Williams & Wilkins, 2006, \$32.95) 366 pages, spiral bound cover. Subjects: Sports Medicine. DESCRIPTION: This is the seventh edition of a resource for professionals who advocate physical activity and contains the current ...

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The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition

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focuses on evidence-based recommendations that reflect the latest ...

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Guidelines For Exercise Testing - 10/2020

This chapter addresses specific guidelines for physical activity and/or exercise programming. This chapter also presents the new guidelines from the American College of Sports Medicine (ACSM) as published in the 10th edition of the ACSM's Guidelines for Exercise Testing and Prescription (GETP10) (2).

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