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ACSM's Complete Guide to Fitness & Health: Bushman ...

This book from the ACSM is EXCELLENT for preparing for the Certified Exercise Physiologist exam from the ACSM. This book is laid out exactly like the test with the chapters of the book being laid out like the percentages of information that will be on the exam. I HIGHLY recommend this book to anyone that is preparing for this exam.

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This second edition of Exercise Prescription utilizes the most up-to-date information published in the seventh edition of the ACSM's Guidelines to provide an excellent study resource not only for those preparing for ACSM certification, but for any certification that follows the guidelines set by the ACSM. And unlike the numerous texts that concentrate on the theory and fundamentals of exercise prescription guidelines, this text presents real-life case studies that clearly show readers how ...

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