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to encourage students to gain practical skills in exercise test screening, counseling, assessment of body composition, assessment of cardiorespiratory fitness, assessment

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preface part i. trends and definitions 1. health and fitness trends part ii. screening and testing 2. testing concepts 3. cardiorespiratory fitness

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section iii: exercise prescription. 7. general principles of exercise prescription. 8. exercise prescription for healthy populations with special considerations and ...

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exercise testing & prescription (b&b physical education): 9780073376486: medicine & health science books @ amazon

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this textbook describes knowledge, skills, and abilities for exercise testing and prescription and reviews the health-related benefits of regular physical activity.

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exercise testing & prescription book details • author : david nieman • pages : 672 pages • publisher : mcgraw-hill education • language : english

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exercise scientists generally consider the best indicator of cardiovascular fitness to be the body's ability to take in and utilize oxygen. the measurement of this ...

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