



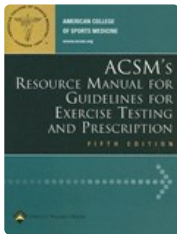
ACSM's guidelines for exercise testing and prescription

<https://libraries.phsa.ca/permalink/catalog113697>

American College of Sports Medicine. Philadelphia, PA: Lippincott Williams & Wilkins , 2014. 9th ed. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF BC 800 ACS 2014

“ *This book enables you to test and evaluate individuals to prescribe effective exercise programs tailored to their particular needs and based on the latest evidence. The text offers specific advice for working with individuals with cardiovascular, pulmonary, metabolic, and other diseases and health ...*



ACSM's resource manual for guidelines for exercise testing and prescription

<https://libraries.phsa.ca/permalink/catalog113200>

American College of Sports Medicine. Philadelphia, PA: Lippincott Williams & Wilkins , 2006. Fifth edition. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: REF BC 800 ACS 2007

“ *This manual elaborates on aspects of preventative rehabilitation and fitness programs. Content comprises both theoretical and practical physiological concepts, with related examples of exercise testing, training and programming.*