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ACSM Guidelines for Cardiorespiratory Training

***Application of ACSM's Updated
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Health Screening | Learning Objectives
(1) Provide information and ...

***Introduction to Exercise Assessment
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Evan Matthews introducing some topics
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Exercise Prescription for Cardiorespiratory Fitness This video shows Dr. Evan Matthews discussing exercise prescription for cardiorespiratory (aerobic) fitness for the average ...

Heart Rate Calculations for Health Fitness Professionals Heart rate calculations for health fitness professionals. Visit us at **ACSM.org** **#ACSM**.

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Special Populations Requiring Modified Exercise Prescriptions This video shows Dr. Evan Matthews discussing various diseases, conditions,

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and populations that require special ...

Chapter 1 ACSM Guidelines Notes

Industry-Presented Webinar: Nutrition for Performance Theory and Effective Practice Guidelines

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Exercise Prescription using METs (Metabolic Equivalent)

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Personal Trainer Certifications-

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Which is best for YOU? ACE, NASM, NCSF, NSCA, or ACSM? For Personal Training, Training Programs, and ANYTHING else fitness related head on over to my website <http://jpfitnesspro.com> .

Metabolic Equations for Exercise

This video shows Dr. Evan Matthews discussing commonly used metabolic equations and conversion factors. The information ...

Exercise PreParticipation and Risk Screening and Testing

Exercise for Cancer Patients and Survivors EVERY Exercise Professional Should be Prepared to Work with Cancer Patients and Survivors: A Call to Action Preview.

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Intro | ACSM Health & Fitness Facility Standards & Guidelines
Introduction to the development of the **ACSM** Health/Fitness facility standards & **guidelines**.

The ACSM CPT Exam | What You Need To Know If you liked this video, make sure you're subscribed to the channel and give it a thumbs up! I love you guys so much, your support ...

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Cardiorespiratory Fitness

Assessment This video shows Dr. Evan Matthews discussing cardiorespiratory (aerobic) fitness assessment. The lecture also includes ...

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