

# **Exercise Prescription**

SECOND EDITION

A CASE STUDY  
APPROACH  
TO THE  
ACSM GUIDELINES

**David P. Swain**  
**Brian C. Leutholtz**

# Exercise Prescription 2nd Edition A Case Study Approach To The Acsm Guidelines

**EuropeActive**

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**Exercise and Disease Management, Second Edition** Brian C. Leutholtz, Ignacio Ripoll, 2011-04-25 Exercise and Disease Management is designed to help managed care physicians their patients other health care professionals and interested readers integrate current exercise guidelines into their practices This extraordinary book is accompanied by a series of 11 workbooks each one for a chronic disease designed specifically for physicians to give to their patients These workbooks make it convenient for physicians to prescribe physical activity to their patients in a ready to use format Each book chapter and workbook contains a section on the background medical management and exercise guidelines accompanied by self care instructions for patients encouraging them to take a proactive role in their health and disease management New and Updated in the Second Edition A ready to use Exercise Prescription Page which follows each chapter on a specific disease enables health care professionals especially physicians in managed care to prescribe exercise quickly to clients with specific medical conditions The Rate Pressure Product method for prescribing exercise helps health care providers individualize exercise prescriptions for patients with heart disease by accounting for the amount of oxygen the heart uses Individual companion workbooks on CD provide patient health maintenance information about diabetes AIDS obesity golden years age 65 and older heart kidney peripheral arterial and lung disease Workbooks for physical inactivity osteoporosis arthritis and high blood pressure also are included on the CD Common question and answer sections that help patients understand the diseases from which they suffer and encourages them to take responsibility for their health Exercise and Disease Management Second Edition consolidates the current knowledge base on exercise and chronic disease providing a ready made format for health care providers to use when prescribing exercise programs for their clients Using guidelines set forth by the American College of Sports Medicine and the American Association of Cardiovascular and Pulmonary Rehabilitation this book helps physicians other health care providers and health enthusiasts respond to the challenge to keep patients healthier and active and reduce recurrent hospitalizations and health care costs *ACSM's Foundations of Strength Training and Conditioning* Nicholas Ratamess, 2021-03-15 Developed by the American College of Sports Medicine ACSM ACSM s Foundations of Strength Training and Conditioning offers a comprehensive introduction to the basics of strength training and conditioning This updated 2nd edition focuses on practical applications empowering students and practitioners to develop implement and assess the results of training programs that are designed to optimize strength power and athletic performance Clear straightforward writing helps students master new concepts with ease and engaging learning features throughout the text provide the understanding and confidence to apply lessons to clinical practice **Europe**

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this text supplies a strong foundation in and appreciation for the field of orthotics and prosthetics that will give you the critical skills you need when working with this unique client population

**Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs** American Association of Cardiovascular & Pulmonary Rehabilitation,1999 The definitive resource for developing cardiac rehabilitation programs

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**A Practical Guide to Health Promotion After Spinal Cord Injury** Indira S. Lanig,1996 A clearly identified but largely unmet need after spinal cord injury is health and fitness promotion This book integrates multifaceted health oriented principles and practices into the rehabilitation of those with spinal cord injury and serves as a resource in both rehabilitation facilities and in community based settings Tables figures illustrations and educational handouts complement the text Carefully designed patient handouts save you time creating self care take home materials and boost compliance

*Forthcoming Books* Rose Army,2001

**Journal of Cardiac Rehabilitation** ,1981

**Quest** ,2004

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