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Acsm Stress Testing Guidelines

ACSM's Guidelines for Exercise Testing and Prescription is the flagship title from the American College of

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Guidelines
Sports Medicine, the prestigious organization that sets the standards for the exercise profession. This critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student.

**ACSM's Guidelines
for Exercise Testing
and Prescription ...**

Page 5/26

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Pharmacological stress testing and imaging modalities

(radionuclide imaging, echocardiography) are beyond the scope of these guidelines. These guidelines have been endorsed by the American College of Sports Medicine, the American Society of Echocardiography, and the American Society of Nuclear Cardiology.

ACC/AHA Guidelines

Page 6/26

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**for Exercise Testing:
Executive Summary**

...

ACSM's Exercise Testing and Prescription adapts and expands upon the assessment and exercise prescription-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom resource. Fully aligned

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with the latest edition of ACSM's flagship title, ACSM's Guidelines for Exercise Testing and Prescription, this practical resource walks students through the process of selecting and administering fitness assessments ...

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Exercise Testing and
Prescription 10th

**(PDF) ACSM
Guidelines for
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...

Patient Pre-Test
Instructions The
patient should have
completed the PAR-Q
before coming to the
clinic for testing. Wear
loose fitting
comfortable clothing

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for the test. Drink plenty of fluids

24-hours prior to coming for the test.

Avoid tobacco, alcohol, caffeine and food at least 3-hours prior to the test.

ACSM's Guidelines For Exercise Testing & Prescription

For the purposes of this document, exercise testing is a cardiovascular stress test using treadmill or

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bicycle exercise and electrocardiographic and blood pressure monitoring.

Pharmacological stress and the use of imaging modalities

(radionuclide imaging, echocardiography) are beyond the scope of these guidelines.

ACC/AHA Guidelines for Exercise Testing

The ACC/AHA/ACP document on clinical competence in stress

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testing provides additional details on the supervision and interpretation of exercise tests. 13: ACSM "Guidelines for Exercise Testing and Prescription" 24 /2010

**Supervision of
Exercise Testing by
Nonphysicians |
Circulation**

ACSM is the global leader in certifications: personal trainers, group exercise

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instructor and exercise physiologists. ACSM will help you inspire people to live their best life.

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The American College of Sports Medicine (ACSM) promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain

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and enhance physical performance, fitness, health, and quality of life.

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ACSM's Guidelines for Exercise Testing and Prescription. 6th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2000. ... Stress testing in patients with coronary spasm: comparison of those

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with and without fixed
coronary artery
disease. ... American
College of Sports
Medicine position
stand. Exercise and
physical activity for
older adults.

**Exercise Standards
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Training | Circulation**

1995 ACSM's

"Guidelines for

Exercise

Testing/Prescription"

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**ACSM Indications
For Termination of**

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an Exercise Test

A report of the

American College of
Cardiology/American
Heart Association Task
Force on Practice
Guidelines (Committee
to Update the 1997
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Guidelines). J Am Coll
Cardiol.

2002;40:1531-40.

Thompson WR, ed.

American College of
Sports Medicine
Guidelines for Exercise
Testing and

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Prescription. (9th Edition) Philadelphia, PA ...

Supervising Exercise and Stress Testing in Contemporary ...

- asymptomatic persons with 2 or more CAD risk factors have a 15 x greater risk of developing CAD
- zAmerican Heart Committee •
- Recommends stress testing persons older than 40 or with CAD

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Testing

Guidelines
risk factors before
beginning a vigorous
exercise program

ACSM guidelines, pg 20

Low Risk Moderate Risk

High Risk Moderate

Exercise

**Contra-indications,
Risks, and Data to
Support Stress ...**

ACSM's Guidelines for
Exercise Testing and
Prescription is the
flagship title from the
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prestigious

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This critical handbook delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student.

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The ACC/AHA Task

Page 21/26

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Force on Practice

Guidelines was formed
to make

recommendations
regarding the

appropriate use of
testing in the diagnosis
and treatment of
patients with known or
suspected

cardiovascular disease.

Exercise testing is
widely available and
relatively low cost.

**ACC/AHA PRACTICE
GUIDELINES—FULL**

Page 22/26

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TEXT ACC/AHA 2002

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Introduction. Previously the American College of Sports Medicine (ACSM)

preparticipation health screening

recommendations were cardiovascular disease

(CVD) risk assessment

and stratification of all people, and a medical examination and

symptom-limited

exercise testing as part of the preparticipation

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health screening prior
to initiating vigorous-
intensity physical
activity in individuals
at ...

**ACSM's New
Preparticipation
Health Screening ...**

A report of the
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Cardiology/American
Heart Association Task
Force on Practice
Guidelines (Committee
to Update the 1997
Exercise Testing

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Guidelines). J Am Coll
Cardiol. 2002 Oct ...

**What are the
absolute indications
for termination of ...**

The ACC/AHA
guidelines for exercise
stress testing were
initially developed in
1997 to create
recommendations for
the appropriate use of
testing in the
diagnosis, prognosis,
and treatment of...

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