



ACSM's Health-Related Physical Fitness Assessment Manual

American College of Sports Medicine (ACSM)

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From the American College of Sports Medicine (ACSM), this text provides the information necessary to develop skills for assessing an individual's health-related physical fitness. It provides a practical "how-to-do-it" approach for performing assessment skills effectively, and an understanding of the theory behind and the importance of each skill or assessment. The Third Edition includes updated references to **ACSM's Guidelines for Exercise Testing and Prescription, Eighth Edition**, more diagrams and pictures highlighting assessment techniques, and new material on physical activity assessments, considerations for medication usage, and common measurement errors.

A companion Website includes an Image Collection, a Test Generator, and PowerPoint Slides.

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