

Contents

1	Benefits and Risks Associated with Physical Activity	1
	Introduction	1
	Physical Activity and Fitness Terminology	1
	Public Health Perspective for Current Recommendations	4
	Sedentary Behavior and Health	6
	Health Benefits of Regular Physical Activity and Exercise	7
	Health Benefits of Improving Muscular Fitness	8
	Risks Associated with Physical Activity and Exercise	10
	<i>Exercise-Related Musculoskeletal Injury</i>	10
	Sudden Cardiac Death Among Young Individuals	11
	Exercise-Related Cardiac Events in Adults	12
	Exercise Testing and the Risk of Cardiac Events	14
	Risks of Cardiac Events during Cardiac Rehabilitation	15
	Prevention of Exercise-Related Cardiac Events	15
	Online Resources	16
	References	17
2	Exercise Preparticipation Health Screening	22
	Introduction	22
	Preparticipation Health Screening	25
	Self-Guided Methods	28
	American College of Sports Medicine Preparticipation	
	Screening Algorithm	28
	<i>Algorithm Components</i>	28
	<i>Using the Algorithm</i>	35
	Risk Stratification for Patients in Cardiac Rehabilitation and	
	Medical Fitness Facilities	39
	Summary	39
	Online Resources	41
	References	42
3	Preexercise Evaluation	44
	Introduction	44
	Informed Consent	45
	Medical History and Cardiovascular Disease Risk Factor Assessment	45
	Physical Examination and Laboratory Tests	50
	<i>Blood Pressure</i>	53
	<i>Lipids and Lipoproteins</i>	56
	<i>Blood Profile Analyses</i>	58
	<i>Pulmonary Function</i>	58

Participant Instructions	61
Online Resources	62
References	62
4 Health-Related Physical Fitness Testing and Interpretation	66
Introduction	66
Purposes of Health-Related Physical Fitness Testing	66
Basic Principles and Guidelines	67
Pretest Instructions	67
Test Organization	67
Test Environment	68
A Comprehensive Health Fitness Evaluation	68
Measurement of Resting Heart Rate and Blood Pressure	69
Body Composition	69
Anthropometric Methods	70
Densitometry	74
Other Techniques	77
Body Composition Norms	77
Cardiorespiratory Fitness	79
The Concept of Maximal Oxygen Uptake	81
Maximal versus Submaximal Exercise Testing	82
Cardiorespiratory Test Sequence and Measures	82
Test Termination Criteria	84
Modes of Testing	84
Interpretation of Results	92
Muscular Fitness	94
Rationale	95
Principles	95
Muscular Strength	96
Muscular Endurance	101
Flexibility	102
Online Resources	105
References	105
5 Clinical Exercise Testing and Interpretation	111
Introduction	111
Indications for a Clinical Exercise Test	111
Conducting the Clinical Exercise Test	117
Testing Staff	117
Testing Mode and Protocol	119
Monitoring and Test Termination	120
Postexercise	126
Safety	126
Interpreting the Clinical Exercise Test	126
Heart Rate Response	127
Blood Pressure Response	127
Rate-Pressure Product	128

Electrocardiogram	128
Symptoms	130
Exercise Capacity	130
Cardiopulmonary Exercise Testing	131
Maximal versus Peak Cardiorespiratory Stress	131
Diagnostic Value of Exercise Testing for the Detection of Ischemic Heart Disease	135
Sensitivity, Specificity, and Predictive Value	135
Clinical Exercise Test Data and Prognosis	137
Clinical Exercise Tests with Imaging	138
Field Walking Tests	139
Online Resources	139
References	140
6 General Principles of Exercise Prescription	143
An Introduction to the Principles of Exercise Prescription	143
General Considerations for Exercise Prescription	144
Components of the Exercise Training Session	145
Aerobic (Cardiorespiratory Endurance) Exercise	147
Frequency of Exercise	147
Intensity of Exercise	148
Exercise Time (Duration)	151
Type (Mode)	157
Exercise Volume (Quantity)	158
Rate of Progression	160
Muscular Fitness	161
Frequency of Resistance Exercise	163
Types of Resistance Exercises	163
Volume of Resistance Exercise (Sets and Repetitions)	164
Resistance Exercise Technique	166
Progression/Maintenance	166
Flexibility Exercise (Stretching)	167
Types of Flexibility Exercises	169
Volume of Flexibility Exercise (Time, Repetitions, and Frequency)	170
Neuromotor Exercise	171
Sedentary Behavior and Brief Activity Breaks	172
Exercise Program Supervision	173
Online Resources	173
References	174
7 Exercise Prescription for Healthy Populations with Special Considerations	180
Children and Adolescents	180
Exercise Testing	181
Exercise Prescription	182
Special Considerations	183

Online Resources	184
Low Back Pain	184
Exercise Testing	185
Exercise Prescription	186
Special Considerations	187
Older Adults	188
Exercise Testing	189
Exercise Prescription	192
Special Considerations for Exercise Programming	194
Online Resources	195
Pregnancy	195
Exercise Testing	196
Exercise Prescription	197
Special Considerations	199
Online Resources	202
References	202
8 Environmental Considerations for Exercise Prescription	209
Exercise in High-Altitude Environments	209
Medical Considerations: Altitude Illnesses	209
Prevention and Treatment of Altitude Sickness	210
Rapid Ascent	211
Altitude Acclimatization	211
Assessing Individual Altitude Acclimatization Status	212
Exercise Prescription	213
Special Considerations	213
Organizational Planning	213
Exercise in Cold Environments	214
Medical Considerations: Cold Injuries	214
Clothing Considerations	216
Exercise Prescription	216
Exercise in Hot Environments	217
Counteracting Dehydration	217
Medical Considerations: Exertional Heat Illnesses	219
Exercise Prescription	221
Special Considerations	222
Online Resources	223
References	224
9 Exercise Prescription for Patients with Cardiac, Peripheral, Cerebrovascular, and Pulmonary Disease	226
Introduction	226
Cardiac Diseases	226
Inpatient Cardiac Rehabilitation Programs	227
Outpatient Cardiac Rehabilitation	231
Patients with Heart Failure	237
Patients with a Sternotomy	240
Pacemaker and Implantable Cardioverter Defibrillator	241

<i>Patients after Cardiac Transplantation</i>	243
<i>Patients with Peripheral Artery Disease</i>	245
Exercise Prescription for Patients with a Cerebrovascular Accident (Stroke)	248
Exercise Testing	248
Exercise Prescription	249
Exercise Training Considerations	249
Other Considerations	249
Exercise Training for Return to Work	250
Pulmonary Diseases	251
Asthma	251
Chronic Obstructive Pulmonary Disease	255
Exercise Training for Pulmonary Diseases Other than Chronic Obstructive Pulmonary Disease	260
Online Resources	261
References	261
10 Exercise Prescription for Individuals with Metabolic Disease and Cardiovascular Disease Risk Factors	268
Introduction	268
Diabetes Mellitus	268
Benefits of Regular Physical Activity for Diabetes	270
Exercise Testing	270
Exercise Prescription	270
Special Considerations	273
Online Resources	276
Dyslipidemia	276
Exercise Testing	277
Exercise Prescription	277
Special Consideration	279
Online Resources	279
Hypertension	279
Exercise Testing	280
Exercise Prescription	281
Special Considerations	282
Online Resources	283
Metabolic Syndrome	283
Exercise Testing	284
Exercise Prescription/Special Considerations	284
Online Resources	286
Overweight and Obesity	287
Exercise Testing	288
Exercise Prescription	288
Special Considerations	290
Bariatric Surgery	290
Online Resources	291
References	291

11 Exercise Testing and Prescription for Populations with Other Chronic Diseases and Health Conditions	297
Introduction	297
Arthritis	297
Exercise Testing	298
Exercise Prescription	299
Special Considerations	301
Online Resources	301
Cancer	302
Exercise Testing	302
Exercise Prescription	304
Special Considerations	310
Online Resources	311
Cerebral Palsy	311
Exercise Testing	315
Exercise Prescription	317
Special Considerations	317
Online Resources	319
Fibromyalgia	320
Exercise Testing	321
Exercise Prescription	322
Special Considerations	324
Online Resources	324
Human Immunodeficiency Virus	325
Exercise Testing	326
Exercise Prescription	326
Special Considerations	328
Online Resources	328
Intellectual Disability and Down Syndrome	328
Exercise Testing	329
Exercise Prescription	331
Special Considerations	333
Special Considerations for Individuals with Down Syndrome	333
Online Resources	334
Kidney Disease	334
Exercise Testing	335
Exercise Prescription	336
Special Considerations	338
Online Resources	338
Multiple Sclerosis	339
Exercise Testing	341
Exercise Prescription	342
Special Considerations	344
Online Resources	344
References	344

Osteoporosis	345
Exercise Testing	345
Exercise Prescription	346
Special Considerations	347
Online Resources	347
Parkinson Disease	348
Exercise Testing	350
Exercise Prescription	352
Special Considerations	354
Online Resources	355
Spinal Cord Injury	355
Exercise Testing	356
Exercise Prescription	357
Special Considerations	359
Online Resources	361
Multiple Chronic Diseases and Health Conditions	361
Exercise Testing	362
Exercise Prescription	362
Special Considerations	362
References	363
12 Behavioral Theories and Strategies for Promoting Exercise	377
Introduction	377
Exercise Prescription	377
Frequency/Time	378
Intensity	378
Type	378
Theoretical Foundations for Understanding Exercise Behavior	379
Social Cognitive Theory	379
Transtheoretical Model	380
Health Belief Model	382
Self-Determination Theory	382
Theory of Planned Behavior	384
Social Ecological Models	385
Decreasing Barriers to Physical Activity	385
Cognitive and Behavioral Strategies for Increasing Physical Activity Behavior	388
Enhancing Self-Efficacy	388
Goal Setting	389
Reinforcement	390
Social Support	391
Self-Monitoring	391
Problem Solving	392
Relapse Prevention	392

Theoretical Strategies and Approaches to Increase Exercise Adoption and Adherence	392
<i>Brief Counseling and Motivational Interviewing</i>	392
<i>Stage of Change Tailored Counseling</i>	394
<i>Group Leader Interactions</i>	394
Special Populations	397
Cultural Diversity	397
Older Adults	398
Youth	398
Individuals with Obesity	399
Individuals with Chronic Diseases and Health Conditions	399
Online Resources	400
References	400
Appendix A Common Medications	405
Appendix B Emergency Risk Management	434
Appendix C Electrocardiogram Interpretation	441
Appendix D American College of Sports Medicine Certifications	449
Appendix E Accreditation of Exercise Science Programs	456
Appendix F Contributing Authors to the Previous Two Editions	458
Index	463