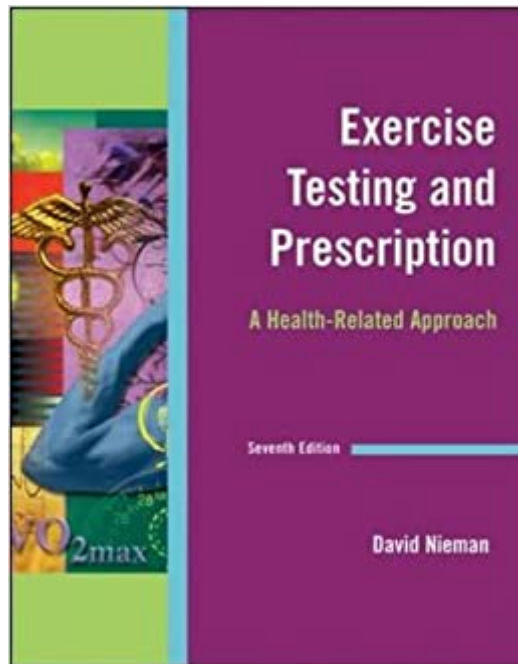




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Exercise Testing & Prescription



Synopsis

This comprehensive text describes fitness assessment and exercise prescription concepts. Exercise testing and prescription are presented within a health-related context, with practical applications for sports nutrition, weight management, the aging process, and prevention and management of chronic diseases such as heart disease, diabetes, cancer, osteoporosis, and arthritis.

Book Information

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Customer Reviews

David Nieman is a professor of health and exercise science, and director of the Human Performance Lab at Appalachian State University in North Carolina. His research focus during the past twenty years has been exercise immunology, with a secondary emphasis on sports nutrition, obesity, aging, and nutritional assessment. Dr. Nieman has more than 200 peer-reviewed publications in journals and books and is a member of eight journal editorial boards including his role as a section editor for Mosby's YearBook of Sports Medicine. He is the author of nine books on exercise, nutrition, and health. Dr. Nieman sits on the medical advisory board for the Bally Total Fitness Corporation, served two terms as president of the International Society of Exercise and Immunology, and was elected as a basic and applied science trustee for the American College of Sports Medicine. Dr. Nieman has run 58 marathons and ultramarathons, and was an acrobatic gymnast and coach for 10 years. His marathon PR is 2:37, and he has run the Pikes Peak Marathon twice, with a 16th place finish.

This book has helped me out a lot within my career. As a personal trainer, I get asked for a lot of health and fitness advice, and have some speaking engagements coming up, and this book is filled with useful statistics on obesity, cardiovascular disease, diabetes, and the like. It also covers many of the best ways to treat clients with a whole host of different issues.

My exams were based on this book, that's why I bought it. I passed the class. Yay!

I had the author in two of my online classes. He's an excellent instructor and wrote an excellent book. I just wish I wouldn't have had to pay so much for the book!

Needed it for my class. Basic info but can be better organized.

This book is great for anyone interested in the personal training field. It is filled with a lot of great insight and facts and also has the testing norms in the back.

This book is what I expected, interesting, informative, and useful. It was easy to read and good had real-life application.

The bands work well as I have used them for years in my clinic. The fact that the shipping and handling adds more than 50% to the cost of the product is absurd and will probably deter me from ordering again from . & bands cost over \$5 each to ship???

I was very unhappy with the time it took to receive the book, I paid extra for expedited and did not get it for 14 days. I ordered a used book from EBAY and sent in regular mail and received it in 4 days!

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