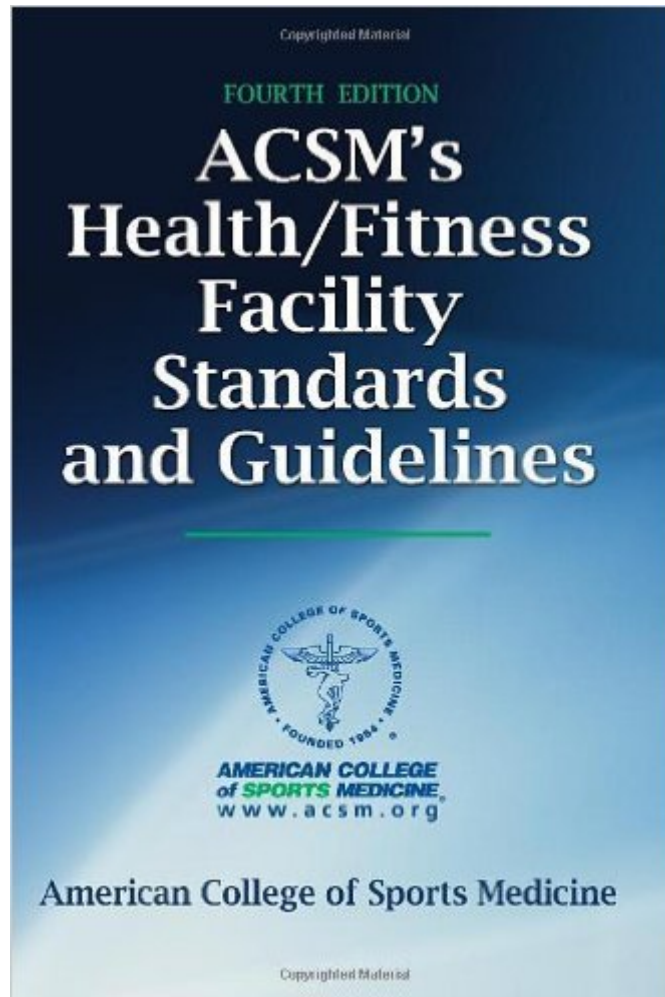


The book was found

ACSM's Health/Fitness Facility Standards And Guidelines-Fourth Edition



Synopsis

ACSM's Health/Fitness Facility Standards and Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings within a safe and appropriate environment. The fourth edition includes these updates:

- Standards and guidelines aligned with the current version of the pending NSF international health and fitness facility standards
- New guidelines addressing individuals with special needs
- New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities
- Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities, medically integrated facilities, and demographic-specific facilities
- New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele

Health and fitness facilities play an important role in providing opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an integral part of the health care system. The fourth edition of ACSM's Health/Fitness Facility Standards and Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for their health through safe and appropriate exercise experiences.

Book Information

File Size: 8317 KB

Print Length: 256 pages

Publication Date: March 9, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B007IV84EI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #383,552 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #51

inÂ Books > Business & Money > Industries > Sports & Entertainment > Park & Recreation #57

Customer Reviews

Now in a newly revised third edition incorporating most current information from the American College of Sports Medicine, ACSM's Health/Fitness Facility Standards and Guidelines is a straightforward explanation of the proper standards and guidelines to follow in creating and operating health and fitness facilities. ACSM's Health/Fitness Facility Standards and Guidelines covers all aspects of facility management, recommendations concerning technological advances such as automated external defibrillators, ACSM position statements and information from "ACSM's Guidelines for Exercise Testing and Prescription (2006)", and much more. The appendices and supplements outweigh the main text, offering everything from dimensions and markings for pools and courts or fields to illumination requirements for different competitive levels of indoor tennis play to sample preventive maintenance schedules for various types of equipment. An absolute "must-have" for anyone responsible for fitness facilities, from private gyms to community, school, workplace, hotel, and spa facilities.

is missing the pages numbers thats a bummer!!!!i dont know what pages i am reading for my assignments!!!!is good, is easy to read, and opens up quickly, but again you dont know what you are reading if it doesnt have the page nubmers

This book was required for school, but I've found it to have a wealth of information included in it. An essential piece of literature for anyone looking to go into the fitness industry.

They have temperatures really well laid out for aquatics ares but how about the rest of the facility, it's there but not as precise as i'd like it (aka in a table)...typical ACSM.

[Download to continue reading...](#)

ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition ACSM's Health/Fitness Facility Standards and Guidelines-4th Edition ACSM's Health-Related Physical Fitness Assessment Manual ACSM's Complete Guide to Fitness & Health (1st Edt) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Handbook of Home Health Standards and Documentation Guidelines for Reimbursement, 4th Edition Johns Hopkins Nursing Evidence Based Practice Model and Guidelines

(Second Edition) (Dearholt, John Hopkins Nursing Evidence-Based Practice Model and Guidelines (previous) Graphic Artist's Guild Handbook of Pricing and Ethical Guidelines (Graphic Artists Guild Handbook: Pricing & Ethical Guidelines) NKBA Kitchen and Bathroom Planning Guidelines with Access Standards Landscape Architecture Documentation Standards: Principles, Guidelines, and Best Practices African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Secretary of the Interior's Standards for the Treatment of Historic Properties With Guidelines for Preserving, Rehabilitating, Restoring, & Reconstructing Historic Buildings Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Facility Planning and Design for Health, Physical Activity, Recreation and Sport 13th Edition Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements 2012-2014 (Aspan, Standards of Perianesthesia Nursing Practice) Architectural Graphic Standards (Ramsey/Sleeper Architectural Graphic Standards Series) ANA Grading Standards for United States Coins: American Numismati Association (Official American Numismatic Association Grading Standards for United States Coins) Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series)

[Dmca](#)