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ACSM's guidelines for exercise testing and prescription. 9th ed. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health. Chicago / Turabian - Author Date Citation (style guide)
Pescatello, Linda S. 2014. ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health.

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2011 ACSM Positions Statement □ Requires a graded exercise test to determine maximum rate □

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Exercise Prescription - American College of Sports Medicine

ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition. Editor: Whaley, Mitchell H., PhD, FACSM Bibliographic Data: (ISBN: 0-7817-4506-3, Lippincott Williams & Wilkins, 2006, \$32.95) 366 pages, spiral bound cover. Subjects: Sports Medicine. DESCRIPTION: This is the seventh edition of a resource for professionals who advocate physical activity and contains the current recommendations on health appraisals, exercise testing, and exercise prescription.

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