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David P. Swain, ACSM, Clinton A. Brawner

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Applied Biomechanics Lab Manual John C. Garner, Charles Allen, Adam C. Knight, Harish Chander, 2022-07-12 Applied Biomechanics Laboratory Manual offers 13 easy to follow experiential based learning labs offering students conceptual understanding of biomechanics to practical applications ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

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