



ACSM s Exercise Management for Persons with Chronic Disease and Disabilities (Hardback)

By ACSM

Human Kinetics Publishers, United States, 2009. Hardback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. The third edition of this ever popular title, developed under the auspices of the American College of Sports Medicine (ACSM), boasts an improved layout and an additional colour field to better convey the materials presented. As the title suggests, this is a clear, professional guide to developing exercise programmes for those suffering from chronic diseases and disabilities including but not limited to: Cardiovascular, Pulmonary, Metabolic, Orthopedic, Neuromuscular and Cognitive, Psychological and Sensory. Compiled from the writings of a plethora of experts specialising in their own clinical fields - as you would expect - the content is meticulously researched and presented. What is unexpected and rather exceptional, is the ease with which readers can digest and retain information from the text. Case reports provide users with real problems and their solutions beginning with a brief overview, a SOAP report and exercise programme with follow-up statement. This data based, applied text is a must have for those dealing with exercise prescription for those with diseases and disabilities.



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