

Table of Contents

Chapter 1. Physical Activity, Health, and Chronic Disease

Physical Activity, Health, and Disease: An Overview

Cardiovascular Disease

Hypertension

Hypercholesterolemia and Dyslipidemia

Tobacco

Diabetes Mellitus

Obesity and Overweight

Metabolic Syndrome

Cancer

Musculoskeletal Diseases and Disorders

Aging

Cognitive Performance

Exercise as Medicine

Review Material

Chapter 2. Preliminary Health Screening and Risk Classification

Preliminary Health Evaluation

Testing Procedures for Blood Pressure, Heart Rate, and Electrocardiogram

Review Material

Chapter 3. Principles of Assessment, Prescription, and Exercise Program Adherence

Physical Fitness Testing

Basic Principles for Exercise Program Design

Exercise Program Adherence

Using Technology to Promote Physical Activity

Review Material

Chapter 4. Assessing Cardiorespiratory Fitness

Definition of Terms

Graded Exercise Testing: Guidelines and Procedures

Maximal Exercise Test Protocols

Submaximal Exercise Test Protocols

Field Tests for Assessing Aerobic Fitness

Exercise Testing for Children and Older Adults

Review Material

Chapter 5. Designing Cardiorespiratory Exercise Programs

The Exercise Prescription

Aerobic Training Methods and Modes

Personalized Exercise Programs

Review Material

Chapter 6. Assessing Muscular Fitness

Definition of Terms

Strength and Muscular Endurance Assessment

Muscular Power Assessment

Sources of Measurement Error in Muscular Fitness Testing

Additional Considerations for Muscular Fitness Testing

Muscular Fitness Testing of Older Adults

Muscular Fitness Testing of Children

Review Material

Chapter 7. Designing Resistance Training Programs

Types of Resistance Training

Developing Resistance Training Programs

Common Questions About Resistance Training

Effects of Resistance Training Programs

Muscular Soreness

Review Material

Chapter 8. Assessing Body Composition

Classification and Uses of Body Composition Measures

Body Composition Models

Reference Methods for Assessing Body Composition

Field Methods for Assessing Body Composition

Review Material

Chapter 9. Designing Weight Management and Body Composition Programs

Obesity, Overweight, and Underweight: Definitions and Trends

Obesity: Types and Causes

Weight Management Principles and Practices

Designing Weight Management Programs: Preliminary Steps

Designing Weight Loss Programs

Designing Weight Gain Programs

Designing Programs to Improve Body Composition

Review Material

Chapter 10. Assessing Flexibility

Basics of Flexibility

Assessment of Flexibility

Flexibility Testing of Older Adults

Review Material

Chapter 11. Designing Programs for Flexibility and Low Back Care

Training Principles

Stretching Methods

Designing Flexibility Programs: Exercise Prescription

Designing Low Back Care Exercise Programs

Review Material

Chapter 12. Assessing Balance and Designing Balance Programs

Definitions and Nature of Balance

Factors Affecting Balance and Risk of Falling

Assessment of Balance

Designing Balance Training Programs

Review Material

Appendix A. Health and Fitness Appraisal

A.1 Physical Activity Readiness Questionnaire for Everyone (Par-Q+)

A.2 Medical History Questionnaire

A.3 Risk Factors, Signs, and Symptoms of Disease

A.4 Electronic Physical Activity Readiness Medical Examination (ePARmed-X+)

A.5 Lifestyle Evaluation

A.6 Fantastic Lifestyle Checklist

A.7 Informed Consent

A.8 Websites for Selected Professional Organizations and Institutes

Appendix B. Cardiorespiratory Assessments

B.1 Summary of Graded Exercise Test and Cardiorespiratory Field Test Protocols

B.2 Rockport Fitness Charts

B.3 Step Test Protocols

B.4 OMNI Rating of Perceived Exertion Scales

B.5 Analysis of Sample Case Study in Chapter 5

Appendix C. Muscular Fitness Exercise and Norms

C.1 Standardized Testing Protocols for Digital Handheld Dynamometry

C.2 1-RM Squat and Bench Press Norms for Adults

C.3 Isometric Exercises

C.4 Dynamic Resistance Training Exercises

Appendix D. Body Composition Assessments

D.1 Prediction Equations for Residual Volume

D.2 Standardized Sites for Skinfold Measurements

D.3 Skinfold Sites for Jackson's Generalized Skinfold Equations

D.4 Standardized Sites for Circumference Measurements

D.5 Standardized Sites for Bony Breadth Measurements

D.6 Ashwell Body Shape Chart

Appendix E. Energy Intake and Expenditure

E.1 Food Record and RDA Profile

E.2 Physical Activity Log

E.3 Gross Energy Expenditure for Conditioning Exercises, Sports, and Recreational Activities

Appendix F. Flexibility and Low Back Care Exercises

F.1 Selected Flexibility Exercises

F.2 Exercise Dos and Don'ts

F.3 Exercises for Low Back Care