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(Imad Hussain, MD)

April 29, 2020 ACSM's

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recommendations state
that: All healthy adults
aged 18–65 yr should

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participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.

Physical Activity
Guidelines Resources -
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Count how many times

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you feel a pulse in a specific time period. Let's use 15 seconds for this. Start with the first pulse you feel at 0, or if there is lag, start with 1 second. Determine the heart rate by multiplying the number you got by the right number to get to 60 seconds.

ACSM CPT Chapter 12:
Client Fitness

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Exercise-induced bundle
branch block that cannot

be distinguished from

ventricular tachycardia ;

Less serious

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sports medicine and
exercise science to
maintain and enhance
physical performance,
fitness, health, and
quality of life.

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The American College
of Cardiology/American
Heart Association Task
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Guidelines was formed to make recommendations regarding the appropriate use of testing in the diagnosis and treatment of patients with known or suspected cardiovascular disease. Exercise testing is widely available and relatively low in cost.

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13 chapters, 368 pages,

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