

TABLE 2.1-11. ATP III Guidelines for Risk Stratification of Hypercholesterolemia

Risk Category	LDL Goal	LDL to Start Lifestyle Modification	LDL to Consider Drug Therapy
CAD or CAD risk equivalents ^a	< 100 mg/dL (or < 70)	> 100 mg/dL	> 130 mg/dL
2+ risk factors ^b	< 130 mg/dL	> 130 mg/dL	> 160 mg/dL
0-1 risk factor ^b	< 160 mg/dL	> 160 mg/dL	> 190 mg/dL

^a CAD risk equivalents = symptomatic carotid artery disease, peripheral arterial disease, abdominal aortic aneurysm, diabetes.

^b Risk factors = cigarette smoking, hypertension, low HDL (< 40 mg/dL), a family history of premature CAD, and age (men > 45 years; women > 55 years). An HDL > 60 mg/dL counts as a "negative" risk factor and removes one risk factor from the total score.

Acsm Hfs Study Guide

Daniel Hile



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ACSM's Resources for the Health Fitness Specialist American College of Sports Medicine,2013-03-07 This valuable new resource is specifically designed for candidates for the ACSM s Certified Health Fitness Specialist HFS and those personal trainers wanting to take their knowledge to the next level It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice The American College of Sports Medicine The American College of sports Medicine is the largest sports medicine and exercise science organization in the world More than 45 000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine

ACSM's Certification Review ACSM,2013-02-01 ACSM s Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer CPT Certified Health Fitness Specialist HFS or Certified Clinical Exercise Specialist CES Highlights include Case studies that reinforce concepts organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain

Exercise Testing and Prescription Lab Manual Edmund O. Acevedo,Michael A. Starks,2011-01-06 With a focus on foundational information the Exercise Testing and Prescription Lab Manual Second Edition offers practical application of knowledge and skills associated with standardized health and fitness related tests Progressing through 14 easy to follow experiential based learning labs readers will gain the skills and techniques required for successful completion of the ACSM Certified Health Fitness Specialist certification CHFS The improved second edition includes the latest updates consistent with the recent modifications published within the ACSM s Guidelines for Exercise Testing and Prescription Eighth Edition In this new edition readers will also find the following features In depth content regarding functional parameters related to exercise especially in regard to heart rate and blood pressure Additional information on body composition testing focusing on improved knowledge and skills related to assessment of skinfolds and circumferences New emphasis on the importance of assessment and how assessment relates to overall program development An updated format that flows progressively through testing and prescription Enhanced discussion questions within each lab which incorporate more in depth analysis of the information being covered Though most closely matched with ACSM CHFS certification guidelines Exercise Testing and Prescription Lab Manual Second Edition is also useful for individuals preparing for certification within other training organizations or as a resource for the ACSM Certified Personal Trainer certification The progression of labs through the testing and prescription process easy to follow instructions and forms and worksheets also make this lab manual an excellent experiential component for a course in exercise testing and prescription Exercise Testing and Prescription Lab Manual Second Edition is organized into three sections covering pretest responsibilities exercise testing techniques and exercise prescription Readers will learn safety procedures and requirements for exercise testing equipment follow step by step instructions for calibration of laboratory

instruments and learn guidelines for medical history evaluation risk factor evaluation and stratification and informed consent Next the application of techniques used in assessing the components of health related fitness is presented Within the exercise prescription section readers learn about the calculation of metabolic work the three phases of exercise prescription assessment of participants goals and gaining participants commitment to the exercise prescription A final comprehensive lab challenges readers to apply techniques and principles in developing various case studies Each lab features the same easy to follow format outlining the purpose of the lab materials required background information procedures discussion questions and references Detailed appendixes contain a summary of the effects of common pharmacological agents on cardiorespiratory responses at rest common metric conversions used in exercise testing and prescription calculations a list of metabolic and anthropometric formulas and answers to lab questions The appendixes also contain all forms and worksheets required for collecting data and completing the lab assignments The second edition of the Exercise Testing and Prescription Lab Manual provides focused step by step preparation for those studying for the ACSM CHFS certification With its reorganized format up to date information and forms and worksheets this text is also a valuable best practices reference for health and fitness specialists certified by the ACSM and other organizations

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

ACSM Health Fitness Specialist Study Guide Trivium Test Prep, 2013-05-03 When it comes to the ACSM Certified Health Fitness Specialist CHFS you want to be prepared and you will be with our book designed to making studying fun and easy You don't want to waste time and money taking your ACSM Certified Health Fitness Specialist CHFS exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACSM Certified Health Fitness Specialist CHFS but realize too late when they get their score back that they were not ready at all They weren't incapable and they certainly did their best but they simply weren't studying the right way There are a variety of methods to prepare for the ACSM Certified Health Fitness Specialist CHFS and they get a variety of results Trivium Test Prep's Secrets to Outsmart the ACSM Certified Health Fitness Specialist CHFS Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the Certified Health Fitness Specialist CHFS can cost you precious time money and effort that you shouldn't have to spend What is in the book In our ACSM Certified Health Fitness Specialist CHFS study guide you get the

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ACSM's Certification Review Pete Magyari,American College of Sports Medicine (ACSM),2021-08-12 Reflecting the authoritative expertise of the American College of Sports Medicine ACSM s Certification Review 6th Edition prepares users to successfully pass certification exams and become an ACSM Certified Personal trainer ACSM CPT ACSM Certified Exercise Physiologist ACSM EP or ACSM Certified Clinical Exercise Physiologist ACSM CEP This easy to use review combines career specific information with assessment tools and application based exercises to boost test taking confidence and help users ensure a seamless transition to practice Content in this 6th Edition has been updated to align with the latest edition of ACSM sGuidelines for Exercise Testing and Prescription and reorganized to strengthen connections between the material users will encounter on their exams and how they will apply that knowledge in practice

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