



# Exercise Testing and Prescription with PowerWeb Bind-in Passcard

*David C. Nieman*

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## **Exercise Testing and Prescription with PowerWeb Bind-in Passcard** David C. Nieman

This comprehensive exercise testing and prescription text provides coverage of fitness assessment concepts, hands-on prescription applications, and a thorough preparation for ACSM certification exams. Exercise testing and prescription are presented within a health-related context that provides the latest research findings on exercise and nutrition, obesity, heart disease, diabetes, cancer, and aging.

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