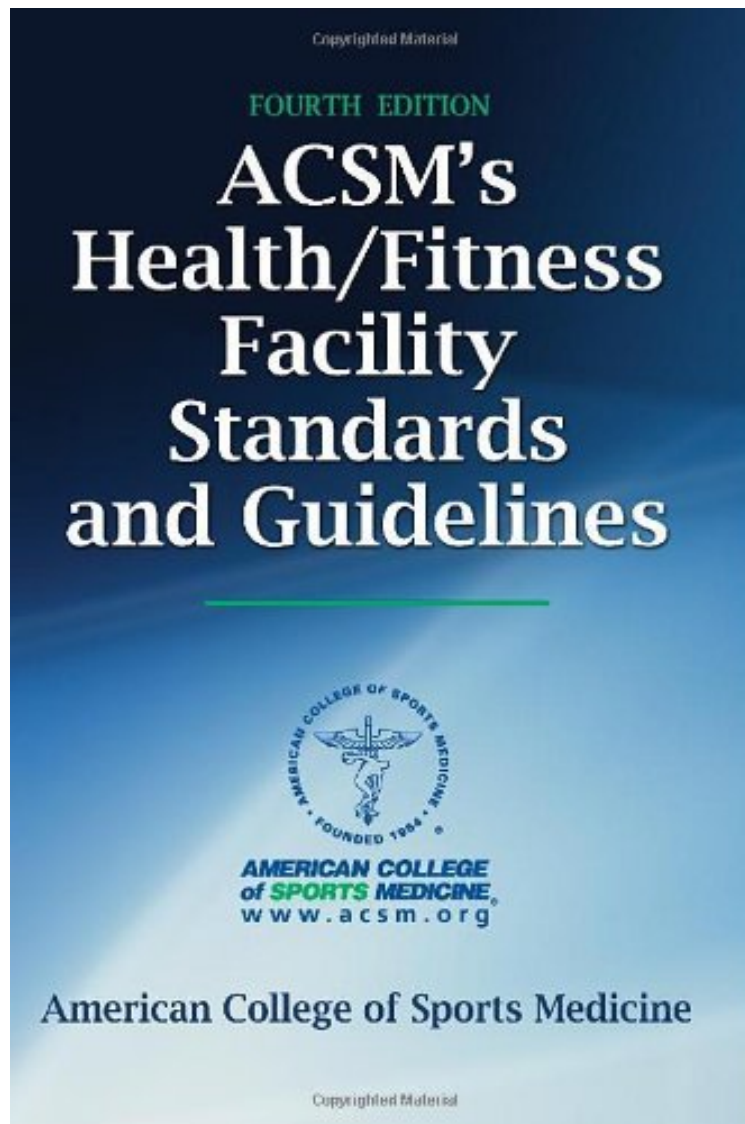


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# ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition

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**American College of Sports Medicine : ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition** before purchasing it in order to gauge whether or not it would be worth my time, and all praised ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition:

0 of 0 people found the following review helpful. Five StarsBy Customerperfect0 of 0 people found the following review helpful. Essential Industry KnowledgeBy Andrew WatkinsThis book was required for school, but I've found it to have a wealth of information included in it. An essential piece of literature for anyone looking to go into the fitness

industry.0 of 0 people found the following review helpful. Five StarsBy K. SullivanGold standard when planning a fitness or athletic center.

ACSM's Health/Fitness Facility Standards and Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings within a safe and appropriate environment. The fourth edition includes these updates:

- Standards and guidelines aligned with the current version of the pending NSF international health and fitness facility standards
- New guidelines addressing individuals with special needs
- New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities
- Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities, medically integrated facilities, and demographic-specific facilities
- New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele

Health and fitness facilities play an important role in providing opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an integral part of the health care system. The fourth edition of ACSM's Health/Fitness Facility Standards and Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for their health through safe and appropriate exercise experiences.

"This edition provides updated information about and will be a valuable resource for owners and operators of health/fitness club facilities. The easy-to-follow format makes this book an extremely useful tool to use as these facilities strive to maintain high standards as the role of the health/fitness club industry evolves." -- Keith Webster, MA, ATC, University of Kentucky

About the Author The American College of Sports Medicine (ACSM) advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. ACSM, founded in 1954, is a professional membership society with more than 20,000 national, regional, and international members in more than 70 countries dedicated to improving health through science, education, and medicine. ACSM members work in a wide range of medical specialties, allied health professions, and scientific disciplines. Its members are committed to the diagnosis, treatment, and prevention of sport-related injuries and the advancement of the science of exercise. Its members' diversity and expertise make ACSM the largest, most respected sports medicine and exercise science organization in the world. From astronauts and athletes to people with chronic diseases or physical challenges, ACSM continues to seek better methods to allow people to live longer and more productive lives. ACSM is leading the way in exercise science and sports medicine. James A. Peterson, PhD, and Stephen J. Tharrett, MS, bring much experience to this text. They were editors for the 2nd and 3rd editions and contributing authors on the 1st edition, which published in 1992.