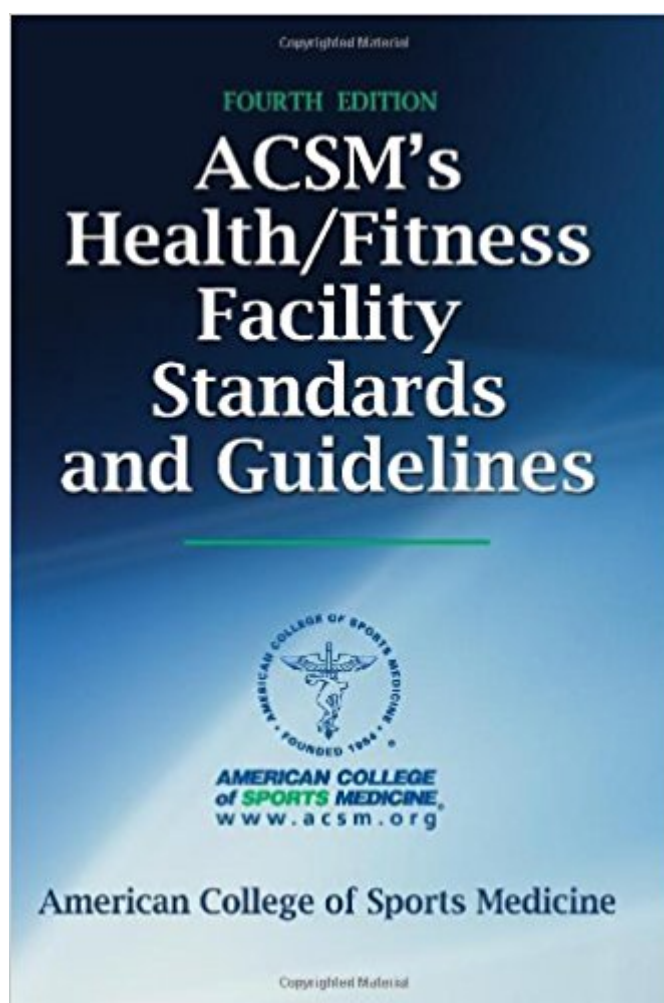


The book was found

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



## Synopsis

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.

## Book Information

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## Customer Reviews

This 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.

Gold standard when planning a fitness or athletic center.

They have temperatures really well laid out for aquatics areas but how about the rest of the facility, it's there but not as precise as I'd like it (aka in a table)...typical ACSM.

great

Arrived As Expected

It came really quick, and the book was exactly what I needed and wanted. I enjoyed it and just as described.

is missing the page numbers that's a bummer!!!! I don't know what pages I am reading for my assignments!!!! is good, is easy to read, and opens up quickly, but again you don't know what you are reading if it doesn't have the page numbers

Now in a newly revised third edition incorporating most current information from the American College of Sports Medicine, ACSM's Health/Fitness Facility Standards and Guidelines is a straightforward explanation of the proper standards and guidelines to follow in creating and operating health and fitness facilities. ACSM's Health/Fitness Facility Standards and Guidelines covers all aspects of facility management, recommendations concerning technological advances such as automated external defibrillators, ACSM position statements and information from "ACSM's Guidelines for Exercise Testing and Prescription (2006)", and much more. The appendices and supplements outweigh the main text, offering everything from dimensions and markings for pools

and courts or fields to illumination requirements for different competitive levels of indoor tennis play to sample preventive maintenance schedules for various types of equipment. An absolute "must-have" for anyone responsible for fitness facilities, from private gyms to community, school, workplace, hotel, and spa facilities.

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