

Acsm S Metabolic Calculations Handbook

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 ACSM Metabolic Calculations. Jim Ross ES, RCEP. Wake Forest University. Purpose of Calculations. Under steady-state conditions, volume of oxygen (VO₂) provides a measure of the energy cost of exercise. The rate of oxygen (O₂) uptake during maximal exercise indicates the capacity for O₂.

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 This handbook from the American College of Sports Medicine provides a step-by-step approach to using metabolic calculations while covering topics from basic math and metabolic principles to practical exercise plan application.

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 ACSM's Metabolic Calculations Handbook. Pages 39-40, Example 4, Steps 3 and 4 should be adjusted as follows: 35.57 - 3.5 = 32.07 so that the answer in the final step is 5.98 miles/hr. Page 81, Detailed Solutions 1 initial equation is missing one number. The equation should be 120 · 6.12 = 734.4.

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