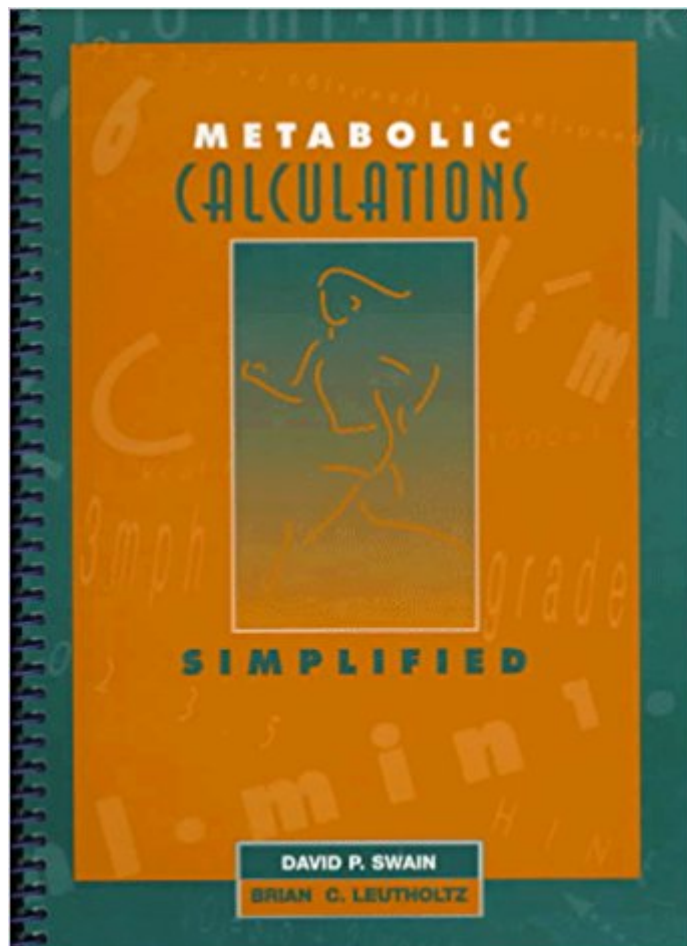


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Metabolic Calculations Simplified



Synopsis

The authors of this work present a simplified approach to the ACSM metabolic equations that can cause problems for students and certification candidates. They explain their proven technique and provide practice problems. Material on related ACSM mathematics is also explained, including calculating a target heart rate prescription and maximal oxygen consumption from a submaximal bike test. An appendix outlines the derivation of both the ACSM formulas and the simplified versions from the authors.

Book Information

Spiral-bound: 100 pages

Publisher: J. A. Majors Company (January 15, 1997)

Language: English

ISBN-10: 0683301373

ISBN-13: 978-0683301373

Product Dimensions: 0.5 x 7.2 x 10.2 inches

Shipping Weight: 8 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,942,000 in Books (See Top 100 in Books) #64 in [Books > Science & Math > Mathematics > Applied > Biomathematics](#) #532 in [Books > Medical Books > Basic Sciences > Pathophysiology](#) #814 in [Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#)

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