

Librería
Bonilla y Asociados
desde 1950



Título: Acsm's Guidelines For Exercise Testing And Prescription

Autor: Lippincott Professional Guides

Precio: \$432.00

Editorial:

Año: 2005

Tema:

Edición: 7^a

Sinopsis

ISBN: 0781745063

The single most internationally read and referenced text in sports medicine, exercise science, and health and fitness, this manual succinctly summarizes recommended procedures for exercise testing and exercise prescription in healthy and diseased individuals. The Seventh Edition contains the most current public health and clinical information and state-of-the-art, research-based recommendations.