

ACSM Exercise Physiologist Exam Study Guide For ACSM Certification 2022

FITT for Obese - F: ≥ 5 days/week (max. caloric expenditure)

I: Mod-Vigorous Aerobic activity (Vig-desirable)

T: Min. 30 min -totaling ≥ 150 min/week (Progress to 60 min) intermittent 10 min. bouts OK

**Vigorous activity is encouraged

T: Aerobic physical activity (resistance/flexibility -healthy pop. guidelines)

FITT-P for Hypertensive - F: Aerobic: Most/preferably every day

Resistance: 2-3 days/week

I: Mod-aerobic exercise RPE: 11-13

Resistance: 60-80% 1-RM

T: 30-60 min of continuous or intermittent of 10 min.

Resistance: 8-12 reps; 1 set

T: Aerobic exercise is the main focus (walking, cycling, swimming)

Progression: Guidelines for healthy Pop. Except pay attention to blood pressure and medications

FITT for Coronary Heart Disease - F: 3-4 d/w (5-6 d/w Optimal)

Resistance: 2 d/w

I: 50-60% (75) symp-limited VO_{2max} or HRR

Resistance: 30-50% up to 60-80% of 1-RM

T: 30 minutes

Resistance: 12-15 reps, 1-3 sets

T: Endurance training

FITT for Diabetes mellitus - F: 3-7 days/week

I: RPE: 11-13 (40-60% VO_{2R})

-Intensity can be modified/increased based on individual

T: Min: ≥ 150 min/week (Moderate) Can be done in bouts of 10 minutes

Acsm Certification Study Guide

JG Myers



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