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***ACSM's Guidelines for Exercise Testing and Prescription the Ninth Edition-A Preview***

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- I. Introduction
  - A. Presentation outline/objectives
- II. The History of *ACSM's Guidelines for Exercise Testing and Prescription (GETP)*
  - A. Important facts
    - 1. See Appendix A for *ACSM's GETP* Chairs and Editors Since the First Edition
  - B. Reference texts
    - 1. See Selected References VI.
- III. The New Features and Content of *ACSM's GETP, the Ninth Edition (GETP 9)*
  - A. New Features
    - 1. Introduce the editorial team, contributing authors & reviewers
      - a. See Appendix B for *ACSM's GETP 9* contributing authors
      - b. See Appendix C for *ACSM's GETP 9* reviewers
    - 2. More strongly supports the public health message that all people should adopt a physically active lifestyle
    - 3. Reduces the emphasis on the need for medical evaluation in healthy, asymptomatic persons
    - 4. Emphasizes identifying those with known disease because they are at greatest risk for an exercise-related cardiac event

5. Introduces a New Chapter, Chapter 11 on Behavioral Theories and Strategies for Promoting Exercise
6. Includes summary boxes throughout to highlight important information, and take home messages and key online resources now conclude each chapter
7. Appendix A Common Medications is now authored by registered pharmacists from the University of Connecticut with clinical expertise in the pharmacology of medications likely to be used by patients and clients in exercise testing and programmatic settings

#### B. GETP 9 Content Overview

1. Section I: Health Risk Appraisal and Risk Assessment
  - a. Chapter 1 Benefits and Risks Associated with Physical Activity
  - b. Chapter 2 Preparticipation Health Screening
2. Section II: Exercise Testing
  - a. Chapter 3 Preexercise Evaluation
  - b. Chapter 4 Health-Related Physical Fitness Testing and Interpretation
  - c. Chapter 5 Clinical Exercise Testing
  - d. Chapter 6 Interpretation of Clinical Exercise Test Results
3. Section III: Exercise Prescription
  - a. Chapter 7 General Principles of Exercise Prescription
  - b. Chapter 8 Exercise Prescription for Healthy Populations With Special Considerations and Environmental Considerations
  - c. Chapter 9 Exercise Prescription For Patients With Cardiovascular and Cerebrovascular Disease
  - d. Chapter 10 Exercise Prescription for Populations With Other Chronic Diseases and Health Conditions
  - e. Chapter 11 Behavioral Theories and Strategies for Promoting Exercise
4. Section IV: Appendices
  - a. Appendix A Common Medications

- b. Appendix B Medical Emergency Management
  - c. Appendix C Electrocardiogram Interpretation
  - d. Appendix D ACSM Certifications
  - e. Appendix E Contributing Authors to the Previous Two Editions
- IV. Interact with the Authors
  - A. Question and Answer Period
- V. Take Home Messages
  - A. Learn about the history of ACSM's GETP
  - B. Become familiar with the new features and content of ACSM GETP 9
  - C. Interact with the authors
  - D. Access GETP 9 and certification information from  
<http://certification.acsm.org/get-certified>
- VI. Selected References
  - A. Bushman BA, senior editor. *ACSM's Resources for the Personal Trainer*. 4<sup>th</sup> ed. Baltimore (MD): Lippincott Williams & Wilkins; 2014.
  - B. Committee on Certification and Registry Boards Candidate Handbook. V2.0-January 2006. Available from:  
[http://certification.acsm.org/files/file/ACSMCandidateHandbook\\_v7\\_2012.pdf](http://certification.acsm.org/files/file/ACSMCandidateHandbook_v7_2012.pdf).
  - C. Dwyer GB, senior editor. *ACSM's Certification Review*. 4<sup>th</sup> ed. Baltimore (MD): Lippincott Williams & Wilkins; 2014.
  - D. Kaminsky LA, editor. *ACSM's Health-Related Physical Fitness Assessment Manual*. 4<sup>th</sup> ed. Baltimore (MD): Lippincott Williams & Wilkins; 2014.
  - E. Liguori G, editor. *ACSM's Resources for the Health Fitness Specialist*. Baltimore (MD): Lippincott Williams & Wilkins; 2014.
  - F. Myers J, Nieman D, senior editors. *ACSM's Resources for Clinical Exercise Physiology*. 2<sup>nd</sup> ed. Baltimore (MD): Lippincott Williams & Wilkins; 2010.
  - G. Pescatello, LS senior editor, Arena R, Riebe D, Thompson PD, associate editors. *ACSM's Guidelines for Exercise Testing and Prescription*. 9<sup>th</sup> ed. Baltimore (MD): Lippincott Williams & Wilkins; 2014.
  - H. Swain DP, senior editor. *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*. 7<sup>th</sup> ed. Baltimore ( MD): Lippincott Williams & Wilkins; 2014.
  - I. Tharrett SJ, Peterson JA, senior editors. *ACSM's Health/Fitness Facility Standards and Guidelines*. 4<sup>th</sup> ed. Champaign (IL): Human Kinetics; 2012.