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this chapter addresses specific guidelines for physical activity and or exercise programming this chapter also presents the new guidelines from the american college of sports medicine acsm as published in the 10th edition of the acsm s guidelines for exercise testing and prescription getp10 2 126

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therefore chapter 1 focuses on the public health perspective that forms the basis for the current pa recommendations 5 26 34 70 93 chapter 1 concludes with recommendations for reducing the incidence and severity of exercise related complications for primary and secondary prevention programs

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definitions for standards and guidelines standards these are base performance criteria or minimum requirements that acsm believes each health fitness facility must meet to provide a relatively safe environment in which physical activities and programs can be

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