

Acsm S Metabolic Calculations Handbook

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Equations **KIN 163 - Lab 6 - ACSM Metabolic Equations** Relative to Absolute VO2 and KCal Calculations
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Description. This handbook provides a step-by-step approach to using metabolic equations, from basic math principles to applying the equations to an exercise plan. Chapters focus separately on each equation, provide an easy-to-follow process of solving, and demonstrate the varied uses of the equation

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in clinical as well as fitness settings.

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ACSM Metabolic Calculations. Jim Ross ES. ,RCEP. Wake Forest University. Purpose of Calculations. Under
steady-state conditions, volume of oxygen ($\dot{V}O_2$) provides a measure of the energy cost of exercise. The
rate of oxygen ($\dot{V}O_2$) uptake during maximal exercise indicates the capacity for $\dot{V}O_2$.

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This handbook from the American College of Sports Medicine provides a step-by-step approach to using
metabolic calculations while covering topics from basic math and metabolic principles to practical
exercise plan application.

ACSM's Metabolic Calculations Handbook

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just a lite read in the evening. Helpful. 0 Comment Report abuse

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ACSM's Metabolic Calculations Handbook. Pages 39-40, Example 4, Steps 3 and 4 should be adjusted as
follows: $35.57 - 3.5 = 32.07$ so that the answer in the final step is 5.98 miles/hr. Page 81, Detailed
Solutions 1 initial equation is missing one number. The equation should be $120 \cdot 6.12 = 734.4$.

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