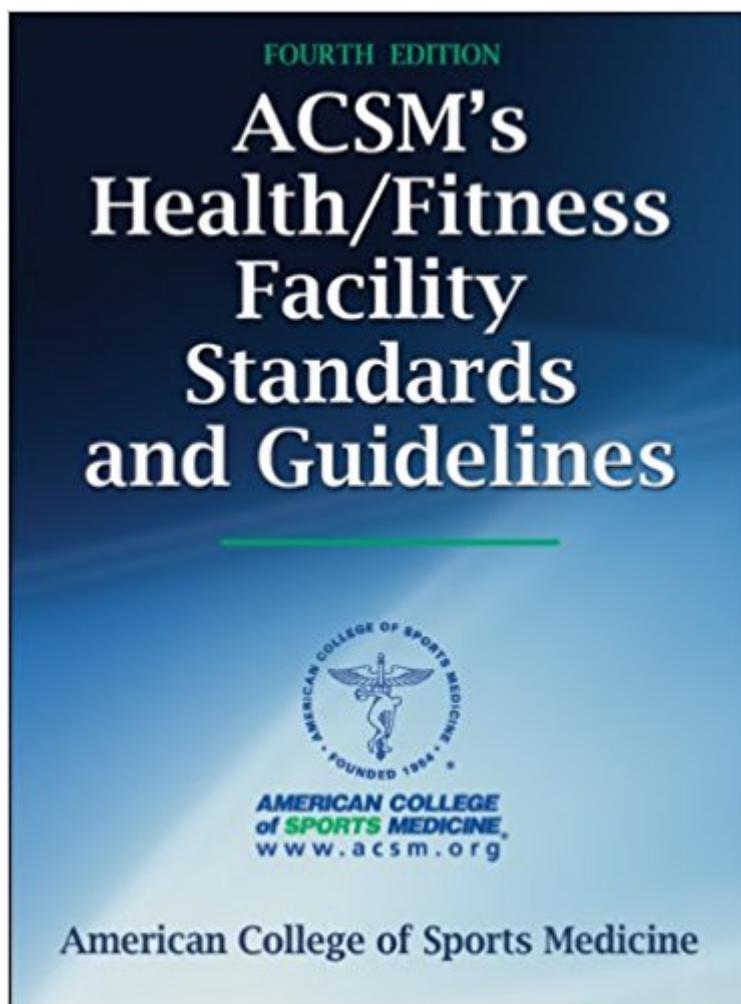


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# **ACSM's Health/Fitness Facility Standards And Guidelines-4th Edition**



## Synopsis

ACSMâ™s Health/Fitness Facility Standards and Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings in a safe environment. This text is based in large part on both the work that has begun through the NSF international initiative to develop industry standards to serve as the foundation for a voluntary health and fitness facility certification process and the third edition of ACSMâ™s Health/Fitness Facility Standards and Guidelines. The ACSMâ™s team of experts in academic, medical, and health and fitness fields have put together an authoritative guide for facility operators and owners. By detailing these standards and guidelines and providing supplemental materials, ACSMâ™s Health/Fitness Facility Standards and Guidelines provides a blueprint for health and fitness facilities to use in elevating the standard of care they provide their members and users as well as enhance their exercise experience. The fourth edition includes new standards and guidelines for pre-activity screening, orientation, education, and supervision; risk management and emergency procedures; professional staff and independent contractors; facility design and construction; facility equipment; operational practices; and signage. This edition includes these updates: 

- â¢ Standards and guidelines aligned with the current version of the pending NSF international health and fitness facility standards
- â¢ New guidelines addressing individuals with special needs
- â¢ New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities
- â¢ Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities, medically integrated facilities, and demographic-specific facilities
- â¢ New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele

With improved organization, new visual features, and additional appendixes, the fourth edition offers a comprehensive and easy-to-use reference of health and fitness facility standards and guidelines. Readers can readily apply the information and save time and expense using over 30 templates found within the appendixes, including questionnaires, informed consent forms, and evaluation forms. Appendixes also contain more than 30 supplements, such as sample preventive maintenance schedules, checklists, and court and facility dimensions. Included in appendix A is Blueprint for Excellence, which allows readers to search efficiently for specific information regarding the standards and guidelines within the book. Health and fitness facilities provide opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an integral part of the health care system. The fourth edition of ACSMâ™s

Health/Fitness Facility Standards and Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for their health through safe and appropriate exercise experiences.

## **Book Information**

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## **Customer Reviews**

"This edition provides updated information about and will be a valuable resource for owners and operators of health/fitness club facilities. The easy-to-follow format makes this book an extremely useful tool to use as these facilities strive to maintain high standards as the role of the health/fitness club industry evolves." -- Keith Webster, MA, ATC, University of Kentucky

The American College of Sports Medicine (ACSM) advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. ACSM, founded in 1954, is a professional membership society with more than 20,000 national, regional, and international members in more than 70 countries dedicated to improving health through science, education, and medicine. ACSM members work in a wide range of medical specialties, allied health professions, and scientific disciplines. Its members are committed to the diagnosis, treatment, and prevention of sport-related injuries and the advancement of the science of exercise. Its members' diversity and expertise make ACSM the largest, most respected sports medicine and exercise science organization in the world. From astronauts and athletes to people with chronic diseases or physical challenges, ACSM continues to seek better methods to allow people to live

longer and more productive lives. ACSM is leading the way in exercise science and sports medicine. James A. Peterson, PhD, and Stephen J. Tharrett, MS, bring much experience to this text. They were editors for the 2nd and 3rd editions and contributing authors on the 1st edition, which published in 1992.

This book was required for school, but I've found it to have a wealth of information included in it. An essential piece of literature for anyone looking to go into the fitness industry.

Gold standard when planning a fitness or athletic center.

They have temperatures really well laid out for aquatics ares but how about the rest of the facility, it's there but not as precise as i'd like it (aka in a table)...typical ACSM.

great

#### Arrived As Expected

It came really quick, and the book was exactly what I needed and wanted. I enjoyed it and just as described.

is missing the pages numbers thats a bummer!!!i dont know what pages i am reading for my assignments!!!!is good, is easy to read, and opens up quickly, but again you dont know what you are reading if it doesnt have the page nubmers

Now in a newly revised third edition incorporating most current information from the American College of Sports Medicine, ACSM's Health/Fitness Facility Standards and Guidelines is a straightforward explanation of the proper standards and guidelines to follow in creating and operating health and fitness facilities. ACSM's Health/Fitness Facility Standards and Guidelines covers all aspects of facility management, recommendations concerning technological advances such as automated external defibrillators, ACSM position statements and information from "ACSM's Guidelines for Exercise Testing an Prescription (2006)", and much more. The appendices and supplements outweigh the main text, offering everything from dimensions and markings for pools and courts or fields to illumination requirements for different competitive levels of indoor tennis play

to sample preventive maintenance schedules for various types of equipment. An absolute "must-have" for anyone responsible for fitness facilities, from private gyms to community, school, workplace, hotel, and spa facilities.

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