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Exercise Testing and Exercise Prescription for Special Cases: Theoretical Basis and Clinical Application

James S. Skinner PhD

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This text discusses how theoretical and applied aspects of exercise testing and exercise prescription must be modified due to the restrictions and/or limitations created by a specific health state. Topics covered include: general principles of exercise testing and exercise prescription; discussion of the importance of such general factors as age, gender, and environment; specific health states, general treatment, risk factors, how it may affect and be affected by exercise; how to modify exercise testing procedures; how to prescribe exercise; and the effects from exercise programs.

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