





**AMERICAN COLLEGE
of SPORTS MEDICINE**
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ACSM's Health-Related Physical Fitness Assessment Manual

second edition



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thePoint 

Preface v
Credits vi
Acknowledgments vii

CHAPTER 1 Introduction 1

- **Defining Physical Fitness 2**
- **Health-Related Physical Fitness 3**
 - Components of Health-Related Physical Fitness 4
 - Total Physical Fitness 4
 - Test for Components of Health-Related Physical Fitness 4
 - Importance of Health-Related Physical Fitness 5
 - Measuring Health-Related Physical Fitness 5
 - Health-Related Physical Fitness, Exercise, and Physical Activity 7
- **Testing and Measurement Primer 7**
 - Test Choice Considerations 8
 - Pretest Instructions, Environment, and Order 9
 - Testing Session Organization: Resting Versus Exercise Testing 9
 - Test Score Interpretation: Criterion-Referenced Standards Versus Normative Data 10
- **Summary 12**
- **Suggested Readings 12**

CHAPTER 2 Pre-Activity Screening 13

- **Pre-Activity Screening Guidelines 14**
 - Medical History/Health Habits Questionnaire 15
 - Physical Activity Readiness Questionnaire (PAR-Q) 15
 - Medical/Health Examination 15
- **Risk Stratification 16**
 - ACSM Guidelines: Risk Stratification Strata 16
 - ACSM Coronary Artery Disease Risk Factor Thresholds Used With Risk Stratification 16
 - ACSM Major Signs or Symptoms Suggestive of Cardiopulmonary Disease 19
 - ACSM Recommendations for a Medical Examination and Exercise Test Based on Risk Stratification 20
 - ACSM Risk Stratification Case Study 21
- **Informed Consent 22**
- **Subject Interview/Orientation for Quiet Tests 22**
 - Explanation of Procedures 22

- **Subject Interview/Orientation for Exercise Tests** 23
 - Explanation of Procedures 23
- **Explanation of Other Fitness Tests** 24
- **Summary** 24
- **Laboratory Exercises** 24
- **Suggested Readings** 25

CHAPTER 3 Resting and Exercise Blood Pressure and Heart Rate 27

- **Defining Blood Pressure** 28
- **Defining Heart Rate** 28
- **Cardiovascular Hemodynamics** 28
- **Measurement of Blood Pressure** 29
 - Theory of Auscultation 29
 - Korotkoff Sounds 30
 - Instruments Used for Blood Pressure Measurement 30
 - Calibration of an Aneroid Sphygmomanometer 31
- **Procedures for Resting Blood Pressure Measurement** 32
 - Augmentation of Sounds of Korotkoff 35
 - Norms for Resting Blood Pressure 35
- **Exercise Blood Pressure Measurement** 36
 - Some Specific Suggestions for Measuring Exercise Blood Pressure 36
 - Norms for Exercise Blood Pressure 37
 - Blood Pressure Calculations 38
- **Measurement of Heart Rate** 38
 - Palpation of Pulse 38
 - Norms for Resting Heart Rate 39
- **Measurement of Exercise Heart Rate** 40
- **Rate Pressure Product or Double Product** 40
- **Summary** 41
- **Laboratory Exercises** 41
- **Suggested Readings** 41

CHAPTER 4 Body Composition 43

- **Defining Body Composition** 44
- **Health Implications of Obesity** 44
- **Anthropometry—Body Composition** 44
 - Procedures for Height and Weight 46
 - Body Mass Index (BMI) 46
 - Waist-to-Hip Ratio (WHR) 47
 - Circumferences (Girths) 48
 - Skinfold Determination 52

- Bioelectrical Impedance Analysis 56
- Hydrostatic Weighing 57
- **Summary of Body Composition Methodology** 60
 - Calculation of Ideal or Desired Body Weight 61
 - Simple Weight Management: Application of Calorie Determination 61
- **Laboratory Exercises** 62
- **Suggested Readings** 62

CHAPTER 5 Muscular Fitness: Muscular Strength, Muscular Endurance, and Flexibility 63

- **Defining Muscular Strength** 64
- **Defining Muscular Endurance** 64
- **Common Assessments for Muscular Strength** 64
 - Handgrip Test 64
 - 1-Repetition Maximum (RM) Bench Press Test 65
 - Isokinetic Testing 67
- **Common Assessments for Muscular Endurance** 67
 - Partial Curl-Up and Push-Up Tests 67
 - YMCA Bench Press Test 68
- **Defining Flexibility** 70
 - Sit and Reach Test (Trunk Flexion) 71
 - YMCA Sit and Reach Test 72
- **Recommended Equipment for Additional Tests** 73
- **Laboratory Exercises** 74
- **Suggested Readings** 75

CHAPTER 6 Postural Analysis and Body Alignment Assessments 77

- **Center of Gravity, Base of Support, and Line of Gravity** 78
- **Static and Dynamic Posture** 78
- **Equipment Needs for Posture Assessment** 78
- **The Posture Screening and Assessment Process** 79
 - Analysis of Posture: Anterior/Posterior 81
 - Analysis of Posture: Lateral 81
- **Goniometry and Joint Range of Motion Assessments** 82
 - Range of Motion 83
 - The Goniometer 83
- **Summary** 95
- **References** 95

CHAPTER 7 Cardiorespiratory Fitness Measurement: Step Tests and Field Tests to Predict Cardiorespiratory Fitness 97

- **The Continuum of Measurement of CRF** 98
- **Importance of Measurement of CRF** 98
- **Pre-Test Considerations** 99
- **Step Tests** 99
 - Queens College Step Test Procedures 100
- **Field Tests for Prediction of Aerobic Capacity** 101
 - Walk/Run Performance Tests 101
- **Standards for Maximum Oxygen Uptake: $\dot{V}O_{2max}$** 102
- **Summary** 103
- **Laboratory Exercises** 103
- **Suggested Readings** 104

CHAPTER 8 Laboratory Submaximal Exercise Testing: YMCA Cycle Ergometer Test, Åstrand Cycle Ergometer Test, and the Bruce Submaximal Treadmill Test 105

- **Defining Submaximal Testing** 107
 - Submaximal Cycle Ergometry Calculations 107
- **Cycle Ergometer** 108
 - Advantages of Cycle Ergometry in Exercise Testing 108
 - Disadvantages of Cycle Ergometry in Exercise Testing 109
- **Submaximal Prediction of Cardiorespiratory Fitness (CRF)** 109
 - Assumptions 109
 - Sources of Error in Submaximal Prediction 110
- **Submaximal Exercise Testing** 110
 - Test Termination Criteria 110
 - Cycle Calibration 110
 - General Procedures for Laboratory Submaximal Exercise Testing 111
- **YMCA Submaximal Cycle Ergometer Test Procedures** 112
 - Multistage Protocol 112
 - YMCA Submaximal Cycle Ergometer Protocol 114
 - Prediction of CRF or Maximal Aerobic Capacity ($\dot{V}O_{2max}$) From YMCA Results 116
- **Åstrand Submaximal Cycle Ergometer Test Procedures** 118
 - Prediction of Maximal Aerobic Capacity ($\dot{V}O_{2max}$) From Åstrand Results 119
- **Bruce Submaximal Treadmill Exercise Test Procedures** 122
- **Summary** 123

- **Laboratory Exercises** 123
- **Suggested Readings** 124

CHAPTER 9 Maximal Exercise Testing 125

- **1. What Is the Purpose of a Maximal GXT?** 126
- **2. Who Should Have a Maximal GXT (and Current Medical Examination) Before Starting a Moderate (or Vigorous) Exercise Program?** 126
- **3. Should a Physician Be Present to ‘Supervise’ the Maximal GXT?** 127
- **4. What Are the Personnel Needs for Conducting the Maximal GXT?** 127
- **5. Which Protocol(s) and Procedures Should Be Used With a Maximal GXT?** 127
 - Protocols 127
 - Bruce Treadmill Protocol 129
 - Balke-Ware Treadmill Protocol 130
 - Ramp Protocols 130
 - Individualized Protocols 130
 - General Procedures 132
- **6. What Are the Maximal GXT Contraindications and Test Termination Criteria?** 135
- **7. Prediction of Maximal Aerobic Capacity ($\dot{V}O_{2max}$) From Bruce Protocol Performance?** 135
 - $\dot{V}O_{2max}$ From Total Test Time (TT) 135
 - Prediction Equation Using Total Test Time Cubed (TT³) 136
 - MET Cost Estimates of Each Minute 137
- **Summary** 137
- **Laboratory Exercises** 138
- **Suggested Readings** 138

CHAPTER 10 Interpretation of Assessment Results: Case Studies 139

- **Introduction** 140
- **Case 1: Jane Slimmer** 140
 - Medical History (Health History Questionnaire) 140
 - Health Behavior Habits (Health History Questionnaire) 141
 - Pre-Activity Screening (ACSM Risk Stratification Table) 143
 - Body Composition Data (Anthropometry Data Form) 143
 - Muscular Strength, Muscular Endurance, Flexibility Data Form 145
 - Cardiorespiratory Fitness Data 146
 - Questions 148
- **Case 2: John Quick** 148
 - Health-Related Physical Fitness Forms 149
 - Calculating Test Results 155

APPENDIX A	Conversions	157
APPENDIX B	Risk Stratification Cases	159
APPENDIX C	Forms	171
	Index	185