

ACSM's

# Metabolic Calculations Tutorial

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# Acsms Metabolic Calculations Tutorial Cd Rom Version

## 1 0a

**Nelson Kwok Ng**

## **Acsms Metabolic Calculations Tutorial Cd Rom Version 1 0a:**

ACSM's Metabolic Calculations Tutorial Leonard A. Kaminsky,2001-02-01 Now you can learn the principles and processes of metabolic calculations with help from ACSM in a convenient CD ROM format This CD ROM gives you the power to solve problems using ACSM metabolic equations learn the fundamentals of estimating energy requirements during exercise determine outcome measures for common tests used in physical fitness practice Based on ACSM s Guidelines for Exercise Testing and Prescription the program contains two learning modules Module one covers Basic Algebra Principles Basic Energy Expenditures Principles and ACSM Metabolic Equations Fundamentals The second module contains an interactive quiz and advanced applications These features shorten the learning curve and help you retain more 20 plus animations for a better understanding of fundamentals explanations and feedback for correct AND incorrect answers so the learning process continues through the self assessment links for quick access to key information from the sections on Basic Algebra Basic Principles and Limitations handy pop up calculator for solving equations and a glossary for reviewing key terms related to metabolic calculations System requirements Windows 95 Pentium 60 mHz 8 MB memory RAM 2X CD ROM more than 5 MB free hard disk space Compatibility BlackBerry OS 4 1 or Higher iPhone iPod Touch 2 0 or Higher Palm OS 3 5 or higher Palm Pre Classic Symbian S60 3rd edition Nokia Windows Mobile Pocket PC all versions Windows Mobile Smartphone Windows 98SE 2000 ME XP Vista Tablet PC

*Metabolic Calculations, Simplified* David P. Swain,Brian C.

Leutholtz,1997 At last here s a simplified version of the ACSM metabolic equations and an easier way to solve them Drs Swain and Leutholtz provide straightforward formulas for figuring the caloric expenditure or oxygen consumption during walking running stationary cycling and bench stepping This handy reference also shows how to apply the equations to other pieces of exercise equipment calculate heart rate prescriptions and estimate maximal oxygen consumption from exercise tests In addition to simplifying difficult math problems without sacrificing the underlying content of the equations or the accuracy of their answers the authors reinforce their formulas with many sample problems and case studies

## **METCALC**

**Software** Nelson Kwok Ng,1995-01-01 This software package provides a quick simple affordable and effective means to learning the metabolic calculations associated with exercise and fitness METCALC Software features more than 60 routines for metabolic calculation most of the major fitness test protocols used in assessment and programming It includes calculations for a number of classic widely used fitness tests as well as some newer tests The software provides on screen nomograms and graphs that help users determine test results and interpret data quickly METCALC also includes a tutorial section that carefully guides users through the American College of Sports Medicine ACSM fundamentals of metabolic calculations The accompanying manual explains the objectives of each of the tests included in the software shows how to use the software for quick calculations and explains how the calculations are derived Used together the manual and software create a powerful instructional tool for students and professionals METCALC is a practical time saving package for health

and fitness technologists exercise physiologists sports medicine specialists cardiac rehabilitation professionals and instructors who determine metabolic calculations as part of their ongoing practice and research Candidates preparing for the ACSM certification and other health fitness certifications will find the package to be a valuable preparation tool METCALC is also an excellent supplemental resource for exercise physiology and exercise test technology courses System Requirements METCALC software is an MS DOS program and will run only on those operating systems that have a DOS mode This software will not run on W2k or XP

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