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Her research on topics including exercise and hypertension, physical activity interventions and exercise genomics (among other topics) has been widely published. She was the recipient of an ACSM Citation Award in 2011, and served as the Senior Editor for ACSM's Guidelines for Exercise Prescription and Testing, 9th edition. References. 1.

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**Exercise Testing and ...**

2 Guidelines for Exercise Testing †  
www.acsm.org of oxygen uptake  
reserve ( $\dot{V} \cdot O_2 R$ ), heart rate reserve  
(HRR), oxygen consumption ( $\dot{V} \cdot O_2$ ),  
heart rate (HR), or metabolic  
equivalents (METs) (see Box 6.2 E  
) .hca of these methods for describing  
the intensity of PA has strengths and  
limitations.

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ACSM's Guidelines for Exercise  
Testing and Prescription, 10th ed.  
Philadelphia (PA): Lippincott Williams  
& Wilkins; 2017, p. 195-202. Author:  
Katie Hake is a registered dietitian  
nutritionist and an ACSM certified  
personal trainer. In addition to her  
private practice, Katie Hake Health &  
Fitness (KatieHake.com), LLC, she



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works as a metabolic ...

**ACSM Ch. 3 Guidelines for Exercise  
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ACSM's Guidelines for Exercise  
Testing and Prescription. 9th Ed.  
2014. Linda S Pescatello, Ross Arena,  
Deborah Riebe, Paul D Thompson  
Wolters Kluwer/Lippincott Williams &  
Wilkins, Philadelphia, PA. 456 pp;  
\$43.99. CAD ISBN:  
978-1-6091-3955-1. The ninth edition  
of this book consists of a ...

**ACSM's guidelines for exercise  
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Participant instructions before exercise  
testing 1) at minimum participants  
should refrain from ingesting food,  
alcohol, or caffeine or using tobacco  
products within 3 h of testing 2)  
Participants should be rested and

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avoid significant exertion or exercise on the day of the assessment

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