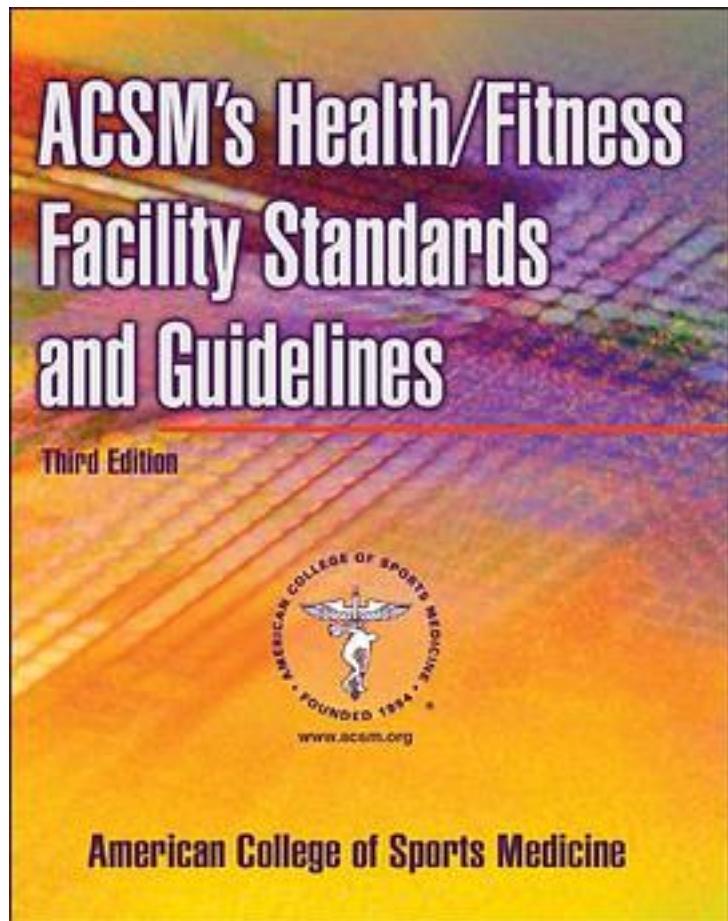


ACSM's Health/Fitness Facility Standards and Guidelines



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著者:ACSM

出版者:Human Kinetics

出版时间:2006-9

装帧:HRD

isbn:9780736051538

This work helps improve the quality of your health and fitness facilities. This work is aimed at health and fitness facility managers and professionals. It gives facility

managers an understanding of how to put the ACSM's recommendations into practice. This book has established a blueprint that specifies what health/fitness facilities must do to maintain the standard of care that they offer and what they should provide their members and users to enhance their exercise experience. This 3rd Edition is a much needed addition for health/fitness facility managers, accounting for advancements in technology and an increase of 20 per cent in new guidelines. Application of these guidelines will vastly enhance the quality of service that a facility provides to its users.

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