SS32320 - Exercise Management in Health and Chronic Disease



American College of Sports Medicine. (2010). ACSM's guidelines for exercise testing and prescription (8th ed). Wolters Kluwer/Lippincott Williams & Wilkins.

Bouchard, C. (2000). Physical activity and obesity. Human Kinetics.

Durstine, J. L., Moore, G. E., & American College of Sports Medicine. (2003). ACSM's exercise management for persons with chronic diseases and disabilities (2nd ed). Human Kinetics.

Hardman, A. E., & Stensel, D. J. (2009). Physical activity and health: the evidence explained ([2nd ed.]). Routledge.

Saltin, B. (2000). Exercise and circulation in health and disease. Human Kinetics.