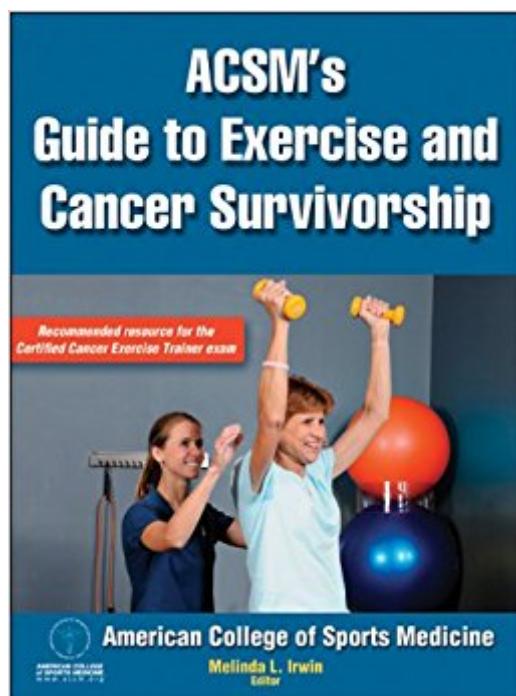


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# ACSM's Guide To Exercise And Cancer Survivorship



## Synopsis

ACSMâ™s Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors. Developed by the American College of Sports Medicine (ACSM), this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers. Dr. Melinda L. Irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship. With an emphasis on practical application, the text discusses the following:

- â¢ Incidence and prevalence of the most common cancers
- â¢ Common cancer treatments and side effects
- â¢ Benefits of exercise after a diagnosis of cancer
- â¢ Exercise testing, prescription, and programming
- â¢ Nutrition and weight management
- â¢ Counseling for health behavior change
- â¢ Injury prevention
- â¢ Program administration

This guide presents evidence-based information to assist health, fitness, and medical professionals in using exercise to help cancer survivors with recovery, rehabilitation, and reducing the risk of recurrence. Throughout the text, readers will find quick-reference Take-Home Messages that highlight key information and how it can be applied in practice. Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient, such as physicianâ™s permission forms, medical and cancer treatment history forms, weekly logs of exercise and energy levels, medication listings, and nutrition and goal-setting questionnaires. In addition, ACSMâ™s Guide to Exercise and Cancer Survivorship discusses all of the job task analysis points tested in the ACSM/ACS Certified Cancer Exercise Trainer (CET) exam, making this the most complete resource available for health and fitness professionals studying to attain CET certification. Each chapter begins with a list of the CET exam points discussed in that chapter. A complete listing is also included in the appendix. As both an essential preparation text for certification and a practical reference, ACSMâ™s Guide to Exercise and Cancer Survivorship will increase health and fitness professionalsâ™ knowledge of the benefits of exercise after a cancer diagnosis as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors. Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors. More clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment, speeding recovery, and improving overall quality of life. In turn, cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities. With ACSMâ™s Guide to Exercise and Cancer Survivorship, health and fitness professionals can provide safe exercise

programs to help cancer survivors improve their health, take proactive steps toward preventing recurrences, and enhance their quality of life.

## **Book Information**

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## **Customer Reviews**

"Concise chapters cover descriptions of cancer to understanding how it doesn't need to be a limiting factor in exercise participation. The book does an excellent job of providing real-life examples and demonstrating how the recommendations can be implemented in everyday practice." --Doody's Book Review, 5-star review

The American College of Sports Medicine (ACSM), founded in 1954, is the world's largest sports medicine and exercise science organization with more than 45,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of sports medicine, exercise science, and health and fitness professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. About the Editor Melinda L. Irwin, PhD, MPH, is an associate professor in the Yale School of Public Health and codirector of the cancer prevention and control research program at Yale Cancer Center. Dr. Irwin's research focuses on how exercise and weight influence cancer risk and survivorship. Dr. Irwin is the principal investigator of a number of research studies at Yale University

and collaborates on various national projects and initiatives focused on exercise and cancer survivorship. She has received funding from the National Cancer Institute, American Cancer Society, Komen for the Cure, Lance Armstrong Foundation, and American Institute for Cancer Research and has published her research findings in top medical journals. Dr. Irwin also serves on various national advisory committees to develop consensus statements on physical activity, diet, weight control, and cancer prevention and control.

Great book. Passed the test easily after reading this.

I thought this book provided an excellent foundation of types of cancer, types of cancer treatments, effects of cancer and cancer treatments and building/tailoring your exercise prescriptions to pts/survivors. It is easy to read/follow and reiterates important parts consistently throughout the book. It is general and you will need to build on the knowledge given with continuing education and experience. Overall, I thought this book was very useful to attain a base knowledge and put it into action., It will only aid your personal training.

An authoritative guide in the field!

Perfect condition and expedient shipping. Studying for my cancer exercise trainer through acsm. Material looks to be in depth. Wish me good luck.

great

This book is an easy read and fairly comprehensive. You need to study this book to get certified. I recommend it for anyone working with Cancer Survivors

Love this book. Very thorough and educational. ACSM is the best!

This is a great overview if you are currently in a health major or field if you are looking for a bio-chemistry read then seek alternative

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