

ACSM's Exercise is Medicine: A Clinician's Guide to Exercise Prescription

★★★ Score: 85

ISBN: 978-1-58255-739-7

Copyright: 2009

Edition: 1st

Editors: Jonas, Steven, MD, MPH, MS, FNYAS; Phillips, Edward M., MD

Specialties: General Medicine , Physical Medicine and Rehabilitation , Sports Medicine

Publisher: Lippincott Williams & Wilkins

List Price: \$49.95

At A Glance

"Exercise is Medicine™" is an American College of Sports Medicine initiative to "make physical activity and exercise a standard part of a disease prevention and treatment medical paradigm." This book will teach practitioners how to motivate and instruct patients on the importance of exercise and how to design practical exercise programs for patients of all ages and fitness levels, as well as those with special conditions such as pregnancy, obesity, and cancer. Coverage includes in-depth discussions of both the lifestyle exercise approach to exercising regularly and the structured exercise approach.

Expert Review

Reviewer: Vincent Carr, DO, MSA, FACC, FACP (Uniformed Services University of the Health Sciences)

Description

The result of a project sponsored by the American College of Sports Medicine and the American Medical Association, this extremely practical book is designed for clinicians to use to prescribe exercise for their patients.

Purpose

Very few physicians were taught how to prescribe exercise and this book works to remedy that deficit by giving specific advice on how to counsel patients in practical ways such as defining terms, giving specific activities, and explaining how to address misgivings and misunderstandings. The authors have presented a very useful prescribing tool.

Audience

The audience includes every clinician who would have the opportunity to prescribe exercise for patients. The book is also appropriate for the many lay persons who have become highly conversant in exercise physiology and focus on exercise as a means to stay healthy. Particularly, there are many personal trainers who can benefit from this information. The authors are active practitioners in this area.

Features

The strength of this book is in its discussion of how to approach patients with counseling techniques. Equally valuable is the specific advice on goal setting and the FITT principle for the specifics of an exercise prescription. At times, some of the chapters seem repetitive, but overall, the book is a tremendous asset for clinicians to help their patients. The chapter on special conditions provides valuable information on setting parameters for patients with concomitant conditions.

Assessment

The book makes many practical points that are readily transferred to the clinical setting. This is a valuable addition to a primary care library.

Review Questionnaire

Range	Question	Score
1-10	Are the author's objectives met?	10
1-10	Rate the worthiness of those objectives.	10
1-5	Is this written at an appropriate level?	5
1-5	Is there significant duplication? (1=significant, 5=insignificant)	4
1-5	Are there significant omissions? (1=significant, 5=insignificant)	4
1-5	Rate the authority of the authors.	4
1-5	Are there sufficient illustrations?	3
1-5	Rate the pedagogic value of the illustrations.	4
1-5	Rate the print quality of the illustrations.	5
1-5	Are there sufficient references?	3

- | | | |
|------|--|-----|
| 1-5 | Rate the currency of the references. | 4 |
| 1-5 | Rate the pertinence of the references. | 4 |
| 1-5 | Rate the helpfulness of the index. | 5 |
| 1-5 | If important in this specialty, rate the physical appearance of the book | N/A |
| 1-10 | Is this a worthwhile contribution to the field? | 8 |
| 1-10 | If this is a 2nd or later edition, is this new edition needed? | 8 |

