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ACSM Metabolic Calculations. Jim Ross ES. ,RCEP. Wake Forest

University. Purpose of Calculations. Under steady-state conditions,

volume of oxygen ($\dot{V}O_2$) provides a measure of the energy cost of

exercise. The rate of oxygen ($\dot{V}O_2$) uptake during maximal exercise

indicates the capacity for $\dot{V}O_2$.

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This handbook from the American College of Sports Medicine provides a step-by-step approach to using metabolic calculations while covering topics from basic math and metabolic principles to practical exercise plan application.

ACSM's Metabolic Calculations Handbook

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4.0 out of 5 stars ACSM's Metabolic Calculations Handbook.

Reviewed in the United States on February 9, 2014. Verified Purchase.

Book required for athletic training coarse not something i would pick up for just a lite read in the evening. Helpful. 0 Comment Report abuse

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ACSM's Metabolic Calculations Handbook. Pages 39-40, Example 4, Steps 3 and 4 should be adjusted as follows: $35.57 - 3.5 = 32.07$ so that the answer in the final step is 5.98 miles/hr. Page 81, Detailed Solutions 1 initial equation is missing one number. The equation should be $120 \cdot 6.12 = 734.4$.

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