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ACSM Metabolic Calculations. Jim Ross ES. ,RCEP. Wake Forest University. Purpose of Calculations. Under steady-state conditions, volume of oxygen (VO₂) provides a measure of the energy cost of exercise. The rate of oxygen (O₂) uptake during maximal exercise indicates the capacity for O₂.

ACSM Metabolic Calculations - summitmd.com

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.

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