Exam 3 Review

* ACSM guidelines for testing
	+ Endurance
	+ Muscular Strength
* Testing assessments
	+ Muscular endurance
	+ Aerobic capacity- VO2Max
	+ Muscular Strength
	+ Body Composition
		- Dexa, BodPod, Skinfold calipers
* 1RM Estimation
	+ How to read the table
* How to use the 1RM prediction equations
	+ You may use a calculator
* How to read the Age- and Sex- Based Norms table
	+ Examples of individuals will be given
* Components of Body Composition
* BMI classification
* Body Composition Standards
* Skinfold Equations