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