

ACSM's Health & Fitness Journal®

As an Official Journal of the American College of Sports Medicine, ACSM's Health & Fitness Journal® responds to the information needs of fitness instructors, personal trainers, exercise leaders, program managers, and other front line health and fitness professionals.

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Author(s): Edward T. Howley

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The mission of the journal is to promote and distribute accurate, unbiased, and authoritative information on health and fitness. With a complete and compelling format, the journal covers all aspects of exercise science and nutrition research, with components of ACSM certification workshops, current topics of interest to the fitness industry, and continuing education credit opportunities.

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Broad and Specific Subjects:

- n Clinical Medicine
 - Internal Medicine; Sports Medicine
- n Health Professions
 - Exercise Science; Personal Training

Access Options:

- n Ovid Internet, updated Bi-Monthly
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Interface:

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Other Information:

n Full Text Coverage: Vol 8 #1 (2004) - Present

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