



## 2011 compendium of physical activities : estimating energy expenditure of your clients /

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The Compendium of Physical Activities is a comprehensive list of the MET intensities of thousands of different activities. The 2011 Compendium of Physical Activities: Estimating Energy Expenditure of Your Clients provides an overview of how this wiki-designed resource can be employed by health/fitness professionals to estimate the caloric energy expenditure of exercisers and to identify light-, moderate-, and vigorous-intensity activities for activity counseling. The video also details how to use the Compendium as an aide in setting up physical activity programs

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhemF0ei5yZW4vMjU5NTkwMTc>

**Título:** 2011 compendium of physical activities : estimating energy expenditure of your clients presented by Barbara E. Ainsworth

**Editorial:** Monterey, CA Healthy Learning 2011

**Descripción física:** 1 online resource (45 minutes)

**Duración:** 004408

**Nota general:** Title from resource description page (viewed August 25, 2017)

**Lengua:** In English

**Materia:** Energy metabolism- Measurement Exercise- Measurement Physical fitness- Measurement

**Entidades:** American College of Sports Medicine host institution Healthy Learning Videos production company

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