



Position Stands

By the American College of Sports Medicine (ACSM)

Position Stands, Joint Position Statements and Opinion Statements are published in *Medicine & Science in Sports & Exercise*, the official journal of ACSM. Position Stands are official statements of ACSM on topics related to sports medicine and exercise science. All current ACSM Position Stands and Joint Position Statements are free to the public online. (<http://acsm.org/access-public-information/position-stands>)

[Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise](#)

[Exercise and Type 2 Diabetes: American College of Sports Medicine and the American Diabetes Association: Joint Position Statement](#)

[Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults](#)

[Exercise and Acute Cardiovascular Events: Placing the Risks into Perspective](#)

[Exercise and Physical Activity for Older Adults](#)

[Nutrition and Athletic Performance](#)

[Progression Models in Resistance Training for Healthy Adults](#)

[The Female Athlete Triad](#)

[Exertional Heat Illness during Training and Competition](#)

[Exercise and Fluid Replacement](#)

[Prevention of Cold Injuries during Exercise](#)

[Physical Activity and Bone Health](#)

[Exercise and Hypertension](#)

[The Use of Blood Doping as an Ergogenic Aid](#)

[Exercise for Patients with Coronary Artery Disease](#)

[The Use of Anabolic-Androgenic Steroids in Sports](#)

[Joint Position Statement: Automated External Defibrillators \(AEDs\) in Health/Fitness Facilities](#)



SOUTHWEST ASIA, U.S. Air Forces Central: Fire Controlman 1st Class runs along the 2.5-mile track. (U.S. Air Force photo by Master Sgt. Ryan Kruse)



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



[AHA/ACSM Joint Position Statement: Recommendations for Cardiovascular Screening, Staffing, and Emergency Policies at Health/Fitness Facilities](#)