Position Stands

By the American College of Sports Medicine (ACSM)

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