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Journal of Science and Medicine in Sport - Elsevier  
1. Med Sci Sports Exerc. 2011 Jul;43(7):1334-59. doi: 10.1249/MSS.0b013e318213fefb. American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise.

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Medicine and Science in Sports and Exercise  
American College of Sports Medicine. In order to stimulate further adaptation toward specific training goals, progressive resistance training (RT) protocols are necessary. The optimal characteristics of strength-specific programs include the use of concentric (CON), eccentric (ECC), and isometric muscle actions and the performance of bilateral and unilateral single- and multiple-joint exercises.

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Medicine & Science in Sports & Exercise - Wikipedia  
American College of Sports Medicine exercise and fluid replacement Position Stand evidence statements. The composition of the consumed fluids can be important. The Institute of Medicine provided general guidance for composition of "sports beverages" for persons performing prolonged physical activity in hot weather ( 73 ).

Medicine Science In Sports Exercise  
Ranking: 4.478 – 6th of 83 in Sports Sciences Total Cites = 36,988 - 2nd of 83 in Sports Sciences Eigenfactor Score = 0.03000 - 3rd of 83 in Sports Sciences Cited Half-Life = 11.4 years - 10th of 83 in SS Google Scholar h5-index = 70 : Impact Factor: 4.478

Information for Authors : Medicine & Science in Sports ...  
Medicine & Science in Sports & Exercise is a monthly peer-reviewed medical journal covering research in sports and exercise science.It was established in 1969 and is published by Lippincott Williams & Wilkins on behalf of the American College of Sports Medicine. Its editor-in-chief is L. Bruce Gladden (Auburn University)According to the Journal Citation Reports, the journal has a 2013 Impact ...

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