

Pdf free Acsm guidelines for exercise testing and prescription citation (Download Only)

ACSM's Guidelines for Exercise Testing and Prescription ACSM's Exercise Testing and Prescription Exercise Testing and Exercise Prescription for Special Cases Exercise Testing and Prescription Exercise Testing and Prescription Lab Manual Clinical Exercise Testing and Prescription Resource Manual for Guidelines for Exercise Testing and Prescription Exercise Testing and Prescription ACSM's Exercise Testing and Prescription Exercise Testing & Prescription ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription Guidelines for Exercise Testing and Prescription Exercise Testing and Prescription Laboratory Manual Advanced Fitness Assessment and Exercise Prescription Laboratory Assessment and Exercise Prescription ACSM's Guidelines for Exercise Testing and Prescription Exercise Testing and Prescription with Powerweb Bind-In Passcard Manual of Clinical Exercise Testing, Prescription, and Rehabilitation Exercise Prescription Advanced Fitness Assessment and Exercise Prescription Package Cardiac Rehabilitation Exercise Testing & Prescription Guidelines for Graded Exercise Testing and Exercise Prescription Exercise Testing and Prescription Lab Manual Guidelines for graded exercise testing and exercise prescription Advanced Fitness Assessment and Exercise Prescription ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription □□□□□□ ACSM's Guidelines for Clinical Exercise Physiology Exercise Prescription Case Studies for Special Populations Guidelines for Exercise Testing and Prescription ACSM's Guidelines for Exercise Testing and Prescription Exercise Prescription ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription Exercise in Health and Disease The StairMaster Fitness Handbook Physical Activity and Health Exercise Prescription for Medical Conditions ACSM's Certification Review Exercise Testing Study Guide

ACSM's Guidelines for Exercise Testing and Prescription 2014

the flagship title of the certification suite from the american college of sports medicine acsm s guidelines for exercise testing and prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate the professional and the student the 9th edition focuses on evidence based recommendations that reflect the latest research and clinical information this manual is an essential resource for any health fitness and clinical exercise professional physician nurse physician assistant physical and occupational therapist dietician and health care administrator this manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients

ACSM's Exercise Testing and Prescription 2023-01-26

fully aligned with the latest edition of acsm s guidelines for exercise testing and prescription acsm s exercise testing and prescription 2nd edition equips students and practitioners to confidently collect interpret and act upon physical fitness data for healthy and special populations reflecting the unsurpassed expertise of the american college of sports medicine this practical text walks users through the process of selecting and administering fitness assessment interpreting results and drafting exercise prescriptions in line with proven guidelines parameters the updated 2nd edition is optimized for today s learners combining clear concise writing with dynamic visuals to keep readers engaged clarify essential concepts and practices and prepare users for confident clinical practice

Exercise Testing and Exercise Prescription for Special Cases 2005

this text discusses how theoretical and applied aspects of exercise testing and exercise prescription must be modified due to the restrictions and or limitations created by a specific health state topics covered include general principles of exercise testing and exercise prescription discussion of the importance of such general factors as age gender and environment specific health states general treatment risk factors how it may affect and be affected by exercise how to modify exercise testing procedures how

to prescribe exercise and the effects from exercise programs

Exercise Testing and Prescription 2003

this comprehensive exercise testing and prescription text provides coverage of fitness assessment concepts hands on prescription applications and thorough preparation for acsm certification exams exercise testing and prescription are presented within a health related context that provides the latest research findings on exercise and nutrition obesity heart disease diabetes cancer and aging

Exercise Testing and Prescription Lab Manual 2011-01-06

with a focus on foundational information the exercise testing and prescription lab manual second edition offers practical application of knowledge and skills associated with standardized health and fitness related tests progressing through 14 easy to follow experiential based learning labs readers will gain the skills and techniques required for successful completion of the acsm certified health fitness specialist certification chfs the improved second edition includes the latest updates consistent with the recent modifications published within the acsm s guidelines for exercise testing and prescription eighth edition in this new edition readers will also find the following features in depth content regarding functional parameters related to exercise especially in regard to heart rate and blood pressure additional information on body composition testing focusing on improved knowledge and skills related to assessment of skinfolds and circumferences new emphasis on the importance of assessment and how assessment relates to overall program development an updated format that flows progressively through testing and prescription enhanced discussion questions within each lab which incorporate more in depth analysis of the information being covered though most closely matched with acsm chfs certification guidelines exercise testing and prescription lab manual second edition is also useful for individuals preparing for certification within other training organizations or as a resource for the acsm certified personal trainer certification the progression of labs through the testing and prescription process easy to follow instructions and forms and worksheets also make this lab manual an excellent experiential component for a course in exercise testing and prescription exercise testing and prescription lab manual second edition is organized into three

sections covering pretest responsibilities exercise testing techniques and exercise prescription readers will learn safety procedures and requirements for exercise testing equipment follow step by step instructions for calibration of laboratory instruments and learn guidelines for medical history evaluation risk factor evaluation and stratification and informed consent next the application of techniques used in assessing the components of health related fitness is presented within the exercise prescription section readers learn about the calculation of metabolic work the three phases of exercise prescription assessment of participants goals and gaining participants commitment to the exercise prescription a final comprehensive lab challenges readers to apply techniques and principles in developing various case studies each lab features the same easy to follow format outlining the purpose of the lab materials required background information procedures discussion questions and references detailed appendixes contain a summary of the effects of common pharmacological agents on cardiorespiratory responses at rest common metric conversions used in exercise testing and prescription calculations a list of metabolic and anthropometric formulas and answers to lab questions the appendixes also contain all forms and worksheets required for collecting data and completing the lab assignments the second edition of the exercise testing and prescription lab manual provides focused step by step preparation for those studying for the acsm chfs certification with its reorganized format up to date information and forms and worksheets this text is also a valuable best practices reference for health and fitness specialists certified by the acsm and other organizations

Clinical Exercise Testing and Prescription *1997-09-01*

clinical exercise testing and prescription combines discussions on clinical exercise testing exercise electrocardiography clinical exercise physiology and principles of exercise prescription in one complete source it is a valuable textbook for a variety of graduate level exercise and sport related classes physicians nurses exercise test technologists cardiologists exercise physiologists physical rehabilitation specialists and other health professionals will find it an excellent reference for clinical applications and research

Resource Manual for Guidelines for Exercise Testing and Prescription 1988

this comprehensive exercise testing and prescription text provides coverage of fitness assessment concepts hands on prescription applications and thorough preparation for acsm certification exams exercise testing and prescription are presented within a health related context that provides the latest research findings on exercise and nutrition obesity heart disease diabetes cancer and aging

Exercise Testing and Prescription 2001-10

acsm's exercise testing and prescription adapts and expands upon the assessment and exercise prescription related content from acsm's resource manual for guidelines for exercise testing and prescription 7th edition to create a true classroom resource fully aligned with the latest edition of acsm's flagship title acsm's guidelines for exercise testing and prescription this practical resource walks students through the process of selecting and administering fitness assessments using guidelines to interpret results and drafting an exercise prescription that is in line with guidelines parameters designed for today's learners the text is written in a clear concise style and enriched by visuals that promote student engagement as an american college of sports medicine publication the book offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world the nuances of fitness assessment and the particulars of crafting exercise prescriptions are explored in expansive sections throughout the book a full section devoted to special populations prepares students to meet the needs of the full range of both typically healthy and special needs clients they'll see in practice comprehensive case studies written by experts to reinforce practical applications of concepts a wide range of online resources includes laboratory materials and activities that provide opportunities for hands on learning and a library of journal articles that helps students connect research to practice 100% alignment with the most up to date version of the acsm's guidelines for exercise testing and prescription enhances the learning experience making it easy to go back and forth between guidelines and the text ebook available fast smart and convenient today's ebooks can transform learning these interactive fully searchable tools offer 24/7 access on multiple devices the ability to highlight and share notes and much more

ACSM's Exercise Testing and Prescription 2018

this comprehensive text describes fitness assessment and exercise prescription concepts exercise testing and prescription are presented within a health related context with practical applications for sports nutrition weight management the aging process and prevention and management of chronic diseases such as heart disease diabetes cancer osteoporosis and arthritis

Exercise Testing & Prescription 2010-01-19

acsm s resource manual for guidelines for exercise testing and prescription was created as a complement to acsm s guidelines for exercise testing and prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the acsm the 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of guidelines and explains the science behind the exercise testing and prescription acsm s resource manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription 2012-12-26

new edition of a succinct summary of procedures recommended by the american college of sports medicine annotation copyrighted by book news inc portland or

Guidelines for Exercise Testing and Prescription 1986

advanced fitness assessment and exercise prescription ninth edition with hkpropel online video is the definitive resource for conducting physical fitness testing and customizing exercise programs now in its ninth edition this comprehensive guide is fully updated with the latest research the newest exercise testing and prescription

guidelines and the most up to date programming content the text reflects the most recent exercise testing and prescription guidelines from the american college of sports medicine acsm along with physical activity recommendations from the u s government and american heart association it highlights acsm guidelines for physical activity and exercise testing requirements to consider before beginning exercise programs combining important research with practical application of testing and prescription protocols the ninth edition also features the following a new full color interior to provide more detail and understanding of concepts through photos and figures new step by step assessment sidebars that make it easy to locate and refer to assessment procedures modern guidelines for usage of current technology to test and monitor physical activity demonstrations of many of the assessments and exercises provided in 73 video clips structured around the five physical fitness components cardiorespiratory capacity muscular fitness body composition flexibility and balance the text begins with an overview of physical activity health and chronic disease including discussion of preliminary health screenings and risk classification readers will gain insight into field and laboratory assessments and testing protocols for each component along with detailed information on properly administering the most common assessments the 73 related video clips delivered online through hkpropel provide detailed instruction and demonstration for performing many of the assessments and exercises these include functional movement assessment pull up and push up testing flywheel training and more finally readers will turn research into practice by understanding how to design personalized exercise prescription customized for each client based on individual assessment outcomes information on appropriate training methods and programming considerations are presented for each component of fitness with an unparalleled depth of coverage and clearly outlined approach advanced fitness assessment and exercise prescription bridges the gap between research and practice for students and exercise professionals alike who are eager to increase their knowledge and skill in assessing elements of fitness and designing individualized exercise programs earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam note a code for accessing online videos is not included with this ebook but may be purchased separately

Exercise Testing and Prescription Laboratory Manual *2001-01-01*

laboratory assessment and exercise prescription with hkpropel online video provides the practical knowledge and application skills for administering interpreting and

applying data from health and fitness testing to create data backed exercise prescription for clients focusing on the tests most widely used by professionals working in health fitness and allied health the text covers both clinical and field tests so readers will be able to conduct assessments using a wide range of equipment and resources because the content is consistent with acsm s guidelines for exercise testing and prescription eleventh edition both current and aspiring professionals can be assured they re using the most up to date methods and information available to best serve individual client needs and goals each lab demonstrates applications for the screenings and tests presented with straightforward instructions for performing the assessment and collecting accurate data both in the lab and when working with actual clients readers will learn about common errors made in assessments and will find out how to interpret results to assist clients in setting realistic health and fitness goals finally readers will understand how the results of assessment will affect exercise program design and will learn how to combine data and client goals to design and prescribe an individualized exercise program the book begins by taking the reader through the groundwork of working with clients and giving the reader experience with preparticipation screenings and basic fitness assessments next assessment of body composition is addressed along with assessment of resting metabolic rate metabolic equations and the application of those calculations within an exercise program aerobic and muscular fitness assessments are presented followed by assessment of clinical variables including pulmonary function testing basic electrocardiography and functional fitness testing two appendices cover common classes of medications and how these medications may affect the exercise response and basic emergency procedures for exercise physiology labs eleven case studies are also included providing practical experience with interpreting data and designing an exercise program for a client related online video delivered through hkpropel demonstrates select assessments to improve comprehension of how to apply the content and develop skills for use with clients laboratory assessment and exercise prescription is the essential guide for those studying for a fitness certification as well as for current health and fitness professionals who want a handy reference for testing it offers the direction and understanding needed to accurately conduct exercise testing analyze interpret and communicate data and ultimately prescribe effective and safe exercise programs for clients note a code for accessing online videos is included with this ebook

Advanced Fitness Assessment and Exercise Prescription 2024-02-01

a comprehensive exercise testing and prescription text which provides coverage of fitness assessment concepts hands on prescription applications and a thorough preparation for acsm certification exams exercise testing and prescription are presented within a health related context that provides research findings on exercise and nutrition

Laboratory Assessment and Exercise Prescription 2022-05-23

a case study approach to exercise prescription presenting the information needed to prepare for certification by the acsm topics covered include the adoption of vo2 reserve as the basis for writing exercise prescriptions and prescribing exercise to special cases such as pregnant women

ACSM's Guidelines for Exercise Testing and Prescription 2014

the fourth edition of the popular advanced fitness assessment and exercise prescription now comes packaged with a supplemental online course cardiorespiratory fitness assessment and prescription the course works in tandem with the text to bridge the gap between research and practice providing a comprehensive and advanced approach to physical fitness testing and exercise prescription the online course component will help your students test and assess cardiorespiratory fitness in normal adults and design exercise programs to match their individual requirements and abilities students will assume the role of a newly hired fitness center trainer and will interact with six virtual clients in real life situations as they move through a series of situations and exercises a brief quiz will complete each daily session the text provides all the information necessary to work through the course and to build a solid foundation in fitness assessment and exercise prescription using a direct clear cut approach renowned exercise physiologist vivian heyward phd shows students and professionals how to select physical fitness tests conduct physiological assessments and design individualized exercise programs and prescriptions the text integrates important principles and theories in exercise physiology kinesiology nutrition psychology and

measurement and then applies them to physical fitness testing and individualized exercise program design the end result is a practical guide complete with internationally relevant examples that will help practitioners develop their knowledge and skill as exercise science and fitness professionals the updated text which contains the latest information from the sixth edition of acsm s guidelines for exercise testing prescription is unique in its scope and depth of its content organization and approach among its features are pedagogical aids such as chapter specific key points and terms review questions and a complete glossary to help readers identify and define important terms and concepts extensive appendixes that include over 15 reproducible forms to help readers systematically and thoroughly assess clients or track their activities and progress more than 25 easy to follow charts and tables showing both norms and standards and the most popular test protocols a clear and convenient guide for administering tests and prescribing exercise ready to use client handouts that describe or illustrate 90 exercises for strength flexibility and low back care including handouts for exercise dos and don ts to help clients exercise safely and an electronic instructor guide that provides sample course outlines class projects laboratory experiences for each fitness component case studies and sample problems and solutions additionally chapter by chapter revisions give readers the background they need to update their knowledge skill and professional competence as exercise scientists the revisions include recent global and u s statistics on the prevalence of various chronic diseases new research substantiating the link between physical activity and disease risk psychological theories related to behavior change and the application of these theories to exercise program adherence use of the vo2 reserve method for prescribing intensity of aerobic exercise alternative modes of aerobic exercise an extensive list of dynamic resistance training exercises with variations for specific muscle groups new approaches to and exercises for low back care and sites for professional organizations and equipment manufacturers the substantially updated advanced fitness assessment and exercise prescription fourth edition is an essential text for students and professionals of exercise science additions and revisions to the text as well as the accompanying online course cardiorespiratory fitness assessment and prescription m

Exercise Testing and Prescription with Powerweb Bind-In Passcard 2002-07

this comprehensive text describes fitness assessment and exercise prescription concepts exercise testing and prescription are presented within a health related context

with practical applications for sports nutrition weight management the aging process and prevention and management of chronic diseases such as heart disease diabetes cancer osteoporosis and arthritis

Manual of Clinical Exercise Testing, Prescription, and Rehabilitation 1993

with a focus on foundational information this book offers a practical application of knowledge and skills associated with standardised health and fitness related tests

Exercise Prescription 2007

the fourth edition of the popular advanced fitness assessment and exercise prescription bridges the gap between research and practice providing a comprehensive and advanced approach to physical fitness testing and exercise prescription the text contains the latest information from the sixth edition of acsm s guidelines for exercise testing and prescription its in depth scope content organization and approach make it a unique and practical reference for readers at all levels of experience among its features are chapter specific key points and terms review questions and a complete glossary to identify and define important terms and concepts extensive appendixes that include over 15 reproducible forms to help readers systematically and thoroughly assess clients or track their activities and progress handouts that describe or illustrate 90 exercises for strength flexibility and low back care and an electronic instructor guide that provides sample course outlines class projects laboratory experiences for each fitness component case studies and sample problems and solutions

Advanced Fitness Assessment and Exercise Prescription Package 2005

this third edition uses ksas knowledge skills and abilities from the acsm guidelines for exercise testing and prescription fifth edition a ksa index is included to help find specific information and pertinent ksas are listed at the beginning of each chapter

Cardiac Rehabilitation 1984

□□□□□□□□□□□□□□□□□□□□□□□□

Exercise Testing & Prescription 2010

exercise prescription case studies for special populations introduces readers to situations they are likely to encounter when writing exercise prescriptions in professional settings the book helps students create exercise prescriptions for individuals with chronic diseases including diabetes hypertension dyslipidemia obesity metabolic syndrome arthritis osteoporosis fibromyalgia and more opening chapters focus on pre exercise screenings evaluation and principles of exercise testing and prescription overviews of various diseases and special considerations are presented finally case studies demonstrate the continuum of information from screenings to writing exercise prescriptions for clients with chronic diseases the revised first edition has been updated to align with american college of sports medicine acsm guidelines specifically those relating the cutoff guidelines for risk factors such as cholesterol high blood pressure etc the names of tests and exercise prescription lengths have been adjusted accordingly exercise prescription case studies for special populations is an exemplary textbook for courses in exercise science and physiology it is also a valuable resource to help students prepare for the acsm certified clinical exercise physiologist exam

Guidelines for Graded Exercise Testing and Exercise Prescription 1980

new edition of a succinct summary of procedures recommended by the american college of sports medicine annotation copyrighted by book news inc portland or

Exercise Testing and Prescription Lab Manual 2011

the single most internationally read and referenced text in sports medicine exercise science and health and fitness this manual succinctly summarizes recommended procedures for exercise testing and exercise prescription in healthy and diseased individuals this gold standard text is a convenient one stop resource for the knowledge skills and abilities ksas that must be mastered by candidates for all acsm certifications written by international experts in numerous fields the eighth edition is fully compatible with newly released physical activity guidelines from the united states department of health and human services and state of the art research based recommendations a companion website for instructors will offer a test generator an image bank powerpoint slides and a webct blackboard ready course cartridge a student website will offer the fully searchable text

Guidelines for graded exercise testing and exercise prescription 1976

this book covers all the important elements in rehabilitation including the role of exercise in health promotion and preventative maintenance guidelines for exercise prescription with specific details factors influencing prescription and exercise prescription for the generally healthy as well as those with impairments comprehensive coverage of a topic that is central to physical medicine and rehabilitation featuring contributions by top authorities in the field including dr rene cailliet focuses on therapeutic exercise for all physical disorders cardiac pulmonary arthritis neuromuscular disorders paraplegia and quadriplegia presents the basics of effects of exercise on organ systems types of exercise exercise testing

Advanced Fitness Assessment and Exercise Prescription 2002

this complementary book to acsm s guidelines for exercise testing and prescription elaborates on the knowledge skills and abilities ksas you need to study for any of the american college of sports medicine certification exams it also serves as a valuable professional resource behind the guidelines new content includes updated research

throughout and a reorganization of the ksas to correspond with the sixth edition of acsm s guidelines significantly revised chapters include epidemiology of physical activity physical fitness and selected chronic diseases diet and chronic disease medical and invasive interventions in the management of coronary artery disease comprehensive cardiovascular risk reduction in patients with coronary artery disease smoking cessation policies and procedures for clinical programs both the clinical and health fitness tracks are covered in an attractive design that highlights the ksas for each level of certification the book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness a brandon hill recommended title

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription 1998-04

focuses on exercise and fitness for both healthy individuals and those with conditions such as cardiovascular disease and obesity the text discusses basic etiology and pathophysiology and details the role of exercise in prevention and rehabilitation emphasis is on prescribing effective exercise programs presents discussions on etiology of disease principles of exercise prescription value of exercise fitness measurement and more includes numerous illustrations and references

□□□□□□□□ 2001-12-20

featuring chapters written by 40 world renowned authorities a one stop reference for state of the art information on fitness and sports medicine

ACSM's Guidelines for Clinical Exercise Physiology 2001-09-01

this report is the first report of the surgeon general on physical activity and health for more than a century the surgeon general of the public health service has focused the nation s attention on important public health issues reports from surgeons general on the adverse health consequences of smoking triggered nationwide efforts to prevent

tobacco use reports on nutrition violence and hiv aids to name but a few have heightened america s awareness of important public health issues and have spawned major public health initiatives this new report which is a comprehensive review of the available scientific evidence about the relationship between physical activity and health status follows in this notable tradition scientists and doctors have known for years that substantial benefits can be gained from regular physical activity the expanding and strengthening evidence on the relationship between physical activity and health necessitates the focus this report brings to this important public health challenge although the science of physical activity is a complex and still developing field we have today strong evidence to indicate that regular physical activity will provide clear and substantial health gains in this sense the report is more than a summary of the science it is a national call to action

Exercise Prescription Case Studies for Special Populations 2021-11-03

what is the best exercise for a client with cancer diabetes heart disease or a hip replacement along with hypertension catherine goodman pt mba and kevin helgeson pt dhsc built on physical therapists extensive knowledge of pathology physiology and exercise to develop this evidence based guide to enhancing their role in prevention and wellness even for the medically compromised patient

Guidelines for Exercise Testing and Prescription 1991

acsm s certification review is the ultimate resource to help you pass the exam to become a certified personal trainer cpt certified health fitness specialist hfs or certified clinical exercise specialist ces highlights include case studies that reinforce concepts organized by ksa domains practice exams that contain questions for each certification level job task analysis tables that provide breakdowns of all the ksas by certification level and domain

ACSM's Guidelines for Exercise Testing and Prescription *2010*

a study guide providing practical study information in fitness assessment offering case studies and other cardiovascular and muscular testing practice problems to accompany the college course called exercise testing and prescription

Exercise Prescription *1999*

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription *2001*

Exercise in Health and Disease *1990*

The StairMaster Fitness Handbook *1995*

Physical Activity and Health *1996-11*

Exercise Prescription for Medical Conditions 2010-10-05

ACSM's Certification Review 2013-02-01

Exercise Testing Study Guide 2003-02-01

- [surveillance camera guide \(PDF\)](#)
- [active note taking guide answers physical science Copy](#)
- [manuale completo di fotografia digitale \[PDF\]](#)
- [46 engine manual guide \(Download Only\)](#)
- [ic3 practice test study guide \(2023\)](#)
- [2010 hyundai genesis coupe owners manual mtcuk \[PDF\]](#)
- [primitive technology a of earth skills Full PDF](#)
- [nielit scientist b previous papers nielit 2017 \(2023\)](#)
- [oracle database performance tuning interview questions answers and explanations oracle performance tuning certification review Full PDF](#)
- [beloved toni morrison \(PDF\)](#)
- [advanced life support in obstetrics pretest Full PDF](#)
- [probability and statistics for engineering the sciences 9th edition \(Download Only\)](#)
- [answers to flush accelerated reader Copy](#)
- [exam papers plant operation theory n3 \[PDF\]](#)
- [investment analysis portfolio management 9th edition solutions \(Read Only\)](#)
- [supply chain financial management best practices tools and applications for improved performance \(PDF\)](#)
- [thinking seventh edition answer key Full PDF](#)
- [2018 cowboys hot off the range wall calendar Copy](#)
- [the orion mystery unlocking the secrets of the pyramids .pdf](#)
- [level 5 unit 5 test \(Download Only\)](#)

- [principles of microeconomics bernanke study guide Full PDF](#)