



GETP 11-12 Crosswalk

A comprehensive outline of updates from the *ACSM Guidelines for Exercise Testing and Prescription* 11th to 12th editions. This faculty resource provides specific, by-chapter changes. For links to additional resources related to *ACSM's Guidelines for Exercise Testing Prescription*, visit the [ACSM website](#).

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Chapter	GETP11 Page Number	GETP12 Page Number	GETP12 Revisions and Additions	Comments
1	9	9	Sedentary Behavior and Health	Updated data on current American Adult sedentary time
2	27	28	Chapter Title Change	Updated chapter title: Preparticipation Evaluation
	N/A	31	New Figure 2.2	New Figure 2.2 Sample of an Incident Report Form
3	70	70	Expanded content on Densitometry	Expanded content on air displacement plethysmography
	72	73	Expanded content on Other Techniques for body composition quantification	Expanded section includes more content on dual-energy x-ray absorptiometry (DXA), bioelectrical impedance analysis (BIA), ultrasound, and adds computed tomography/magnetic resonance imaging (CT/MRI)
	90	90	Expanded definitions under Muscular Fitness	Expanded definition of muscular strength, muscular endurance, and muscular power
	N/A	99-100	New Figure 3.3	Proposed fitness standards for upper body strength and lower body strength
	104	107	Updated Content - Balance	Updated content related to the Timed Up and Go (TUG) Test

	N/A	109	New Box 3.15	New Box 3.15 Instructions for Administering the TUG Test
4	N/A	130	New Table 4.4	New Table 4.4 Typical Exercise Test Responses in Differentiating a Normal Response and Patients Limited by Cardiovascular and Pulmonary Disease
	126	133	Updated Content for Heart Rate Response	Added cutoff value for abnormal Metabolic Chronotropic Reserve (MCR)
	131	139-140	Expanded Section; Cardiopulmonary Exercise Testing (CPET)	Added content: applications for CPET in transplantation and other surgical interventions and assessment of dyspnea
	N/A	140	New Table 4.5	New Table 4.5 Common CPET-Derived Responses and Their Applications
	N/A	140-141	New Content	New content: Gas exchange data sampling methods and recording
5	142	156-158	New content	New section on Ex R _x considerations based upon gender, major gender specific physiologic differences highlighted
	N/A	165	New content	Additional formulas provided for determining Exercise MET levels
	N/A	167	New content	in terms of exercise mode, poor movement competency is defined.
	N/A	171	New Table 5.5	New Table 5.5 Resistance Training Annual Plan
	171	170-172	Expanded content on RT	Section on Frequency of resistance training has been significantly expanded.
	155	172	Expanded content on RT	Definition of Intensity of Resistance training has been expanded/modified.
	N/A	173	New Table 5.6	New Table 5.6 Defining RM % of 1-RM.
	157	174	Resistance Training TIME	Section has been modified and expanded.
	N/A	174-177	New Tables 5.7 and 5.8	New section expanded content on types of resistance training exercises
	N/A	177	New Table 5.9	Resistance training: Order of Exercise Implementation
	N/A	178	New Table 5.10	Resistance Training Recommendations for the General Public Individual

	N/A	179	New Table 5.11	Resistance Training Recommendations for the Competitive Athlete
	160	184	FITT Flexibility Recommendations	These have been modified and no longer suggest a total of 90 s of flexibility/joint
	161	185	Table 5.6	FITT Flexibility guidelines have been modified
6	167	201	defined levels of sedentary behavior	Specific levels of sedentary behavior for youth and adolescents, age and gender specific
	170	205	FITT Recommendations for Children and Adolescents	FITT guidelines for intensity of resistance training have been modified.
	188-189	208	Exercise guidelines for Pregnancy	Significant modifications/additions to this section have been made.
	N/A	223	Older Adults	Figure 6.2, Aging Curve
	N/A	224	Older Adults	Table 6.5 SARC-F Screen for Sarcopenia
	N/A	224	Older Adults	Frail Scale
	184	230	FITT Recommendations for Older Adults	Guidelines for Intensity and Time have been modified.
	182-183	230-231	Older Adults	New section/content on high-intensity interval training (HIIT)/Balance/Muscle Power traing for Older Adults
	N/A	234	Transgender and Gender Diverse Individuals	New section/content on exercise considerations for Transgender and Gender Diverse Individuals
7	N/A	254	Environmental Considerations	New content on use of Fitness Trackers/heart rate variability (HRV) for assisting with acclimitization
	212	261	Cold Injuries	References to trenchfoot as a nonfreezing cold injuries (NFCI) have been removed
	214	263-264	Ex Rx considerations for Cold	Minimal new information regarding precautions for some spec pops when exercising in the cold.
	N/A	267-268	New Box 7.1 Calculating Sweat Rate	New information regarding assessing sweat rate
8	N/A	278-282	New content: Coronary Heart Disease	New content added: Exercise Testing, Exercise Prescription, Special Considerations (General Recommendations, Symptoms and Medications, Target Heart Rate Range, Myocardial Ischemia, Resistance Training, HIIT, Ex R _x without Maximal Exercise Test)

	227	N/A	Content Removed	Removed 11th edition, Box 8.1 Manifestations of Cardiovascular Disease and Pulmonary Disease
	N/A	281	New Box: 8.1	New Box 8.1 Contraindications to Resistance Training in Patients with Coronary Heart Disease (CHD) From the American Heart Association
	N/A	282	FITT Recommendations for Individuals with History of Coronary Artery Disease or Heart Failure	Combined with FITT for Heart Failure in 11th edition
	227-231	283-285	Updated content; Inpatient Cardiac Rehabilitation	Removed FITT for inpatient cardiac rehabilitation (11th edition, page 231)
	232-237	285-288	Updated content: Outpatient Cardiac Rehabilitation	Updated content: Virtual and hybrid cardiac rehabilitation, Continuous Electrocardiographic (ECG) Monitoring
	234-236	N/A	Content Removed	Outpatient Cardiac Rehab Exercise Prescription (Exercise Training Recommendations) FITT Recommendations for Individuals with Cardiovascular Disease Participating in Outpatient Cardiac Rehabilitation
	N/A	288-290	New Section Added	New Section: Individuals with History of Spontaneous Coronary Artery Dissection (Exercise Testing, Exercise Prescription, Special Considerations)
	237-240	290-292	Updated content: Chronic Heart Failure	Updated content: Exercise Testing, Exercise Prescription, Special Considerations Removed content: Target HR + 20-30 beats (See also section Ex Rx without Maximal Exercise Test on 281) Removed content: FITT for Heart Failure. Combined with FITT for CAD on 282
	243-245	293-294	Updated Content: Heart Transplantation	Updated content: Exercise Prescription
	244	294	FITT Recommendations for Heart Transplantation	FITT guidelines updated: Resistance Training - Frequency, Intensity, Time, Type FITT guidelines updated: Aerobic Training - Intensity
	241	295	Updated Content: Sternotomy	Updated content: Special Considerations

	245-248	297-301	Updated Content: Peripheral Artery Disease (PAD_	Updated content: epidemiology of PAD (Intro), Exercise Prescription
	245	298	Updated Table 8.2	Updated content Table 8.2 Classification of Peripheral Artery Disease; added Rutherford Classification
	247	301	FITT Guidelines for Peripheral Artery Disease	FITT guidelines updated: Aerobic - Intensity FITT guidelines updated: Resistance - Intensity, Time
	N/A	301-304	New Section Added: Postural Orthostatic Tachycardia Syndrome (POTS)	New Content: Postural Orthostatic Tachycardia Syndrome (Preexercise Assessment, Exercise Prescription, Special Considerations) New Table 8.4 Summary of Exercise Program for POTS
	N/A	304-306	New Section Added: Pediatric Cardiac Rehabilitation	New Content: Pediatric Cardiac Rehabilitation New FITT Recommendations for Pediatric Cardiac Rehabilitation
	249	307	Updated Content: Cerebrovascular Accident (CVA; Stroke)	Updated Content: Exercise Testing, Recommend modified Total Body Recumbent Stepper Maximal (mTBRS) and TBRS Submaximal Exercise Tests to evaluate cardiorespiratory fitness (CRF) in stroke Updated Content: Exercise Training Considerations
	250	301	FITT Guidelines Individuals with a CVA (Stroke)	FITT guidelines updated: Aerobic - Intensity FITT guidelines updated: Resistance - Intensity, Time
	251	N/A	Removed Content	Removed Content: Box 8.7 Exercise Prescription for Return to Work for Stroke Individuals (11th edition, page 251)
	253	N/A	Removed Content	Removed Box 8.8 Individuals with Pulmonary Disease Benefiting From Pulmonary Rehabilitation and Exercise
	255	314	Updated Content	Updated Content: Special Considerations - inspiratory muscle training (IMT) has shown to facilitate significant increases in inspiratory muscle strength
	255	314	Updated Content	FITT guidelines updated: Resistance - Intensity

	256	315	Updated Table	Updated Table 8.4 Global Initiative for Chronic Obstructive Lung Disease (GOLD) and American Thoracic Society (ATS)/European Respiratory Society (ERS) Classification of Airflow Obstruction in Individuals with Chronic Obstructive Pulmonary Disease Based on the FEV1.0 Obtained From Pulmonary Function Tests
	N/A	317	Updated Content	Updated Content: Exercise Testing, Resting SpO ₂ of <= 85% should be considered a relative contraindication to exercise testing. A >=5% decrease in SpO ₂ suggests hypoxemia
	261	321	Updated Content: chronic obstructive pulmonary disease (COPD)	FITT guideline updated: Aerobic - Intensity, Time FITT guideline updated: Resistance - Intensity
	262	322-324	Expanded Section: Pulmonary Arterial Hypertension	
	264	325-327	Expanded Section: Lung Transplantation	Added Content: Lung Transplant Candidates (Prehabilitation), Lung Transplant Recipients (Rehabilitation)
	265	327-328	Updated Content: Other Tests of Muscular Fitness	Added Content: The Short Physical Performance Battery, 4-meter gait speed
	N/A	328-329	New Section Added: Telerehabilitation	
	N/A	329-331	New Section Added: Respiratory Muscle Testing and Training	
9	276	348	Diabetes Mellitus (DM)	Updated prevalence rates of DM in the US
	280	353	FITT Recommendations for those with Diabetes	Intensity and duration FITT guidelines for aerobic exercise have been updated.
	286	359	Exercise guidelines for Dyslipidemia	Expanded guidelines regarding medications used to treat Dyslipidemia
	291	365	FITT Guidelines for Hypertension	Frequency, Intensity and Time FITT guidelines for Hypertension have been updated
	299	372	Special consideration for Overweight/Obesity	Special Consideration section for this population has been updated and includes information regarding patients on glucagon-like peptide (GLP)-1

	N/A	377-379	CH9	New section added on Ex Rx for patients with Metabolic Dysfunction-Associated Steatotic Liver Disease
10	310	393	FITT guidelines for Arthritis	Aerobic - Time
	N/A	399	New Figure 10.2	Algorithm for an exercise referral clinical pathway
	318	404	FITT Guidelines for Cancer	FITT guideline updated: Resistance - Frequency, Intensity, Time
	319	401-405	Updated Content: Cancer, FITT Principle	Updates to recommendations for: arm morbidity and upper extremity lymphedema, bone metastasis. New content: sarcopenia or cachexia, osteopenia or osteoporosis
	N/A	408	New Table 10.3	New Table 10.3 Clinical Characteristics and Associated Symptoms of Fibromyalgia (Replaces Box 10.2 in 11th edition, page 325)
	N/A	411	New Table 10.4	New Table 10.4 Pharmacological Treatment Options for Fibromyalgia
	329	415	FITT guidelines for Fibromyalgia	FITT guideline update: Resistance - Intensity, Time FITT guideline update: Flexibility - Time
	N/a	417-425	New Section Added: Myalgic Encephalomyelitis/Chronic Fatigue Syndrome	
	335	427-429	Updated Content: HIV Exercise Training Considerations	
	335	428	FITT Guidelines for HIV	FITT guideline update: Aerobic - Type FITT guideline update: Resistance - Type
	337	430	New Figure	New Figure 10.3 Staging of Chronic Kidney Disease (Replaces Table 10.4 in 11th edition, page 337)
	339	433	FITT Guidelines for Kidney Disease	FITT guideline update: Aerobic - Frequency, Intensity, Time FITT guideline update: Resistance - Frequency, Time FITT guideline update: Flexibility - Frequency

	340-341	434-435	Updated Content: Kidney Disease Special Considerations	Content Added: Nondialysis Chronic Kidney Disease Expanded Hemodialysis, Peritoneal Dialysis, and Recipients of Kidney Transplants
11	378	481	Chapter title change	Updated chapter title, Neurologic Diseases, Conditions and Disorders
	N/A	465-486	Two new FITT tables	New FITT tables for Anxiety as well as FITT for Depression
	392	492	Autism Spectrum Disorder (ASD)	Prevalence rates for ASD have been updated
	395	496	ASD Ex Rx	Updated information regarding Ex Rx for persons with ASD, frequency and duration
	405	500	Updated table regarding exercise testing for intellectual disability (ID)	Updated Table 11.3 regarding Exercise Testing Protocols for ID
	408	503	FITT guidelines for ID	Resistance guidelines in FITT for ID have been updated
12	N/A	555	Table 12.1 Key Terminology	New table defining key terms in behavior strategies for promoting exercise
	N/A	557	New Table 12.2	New table describing transtheoretical model
	N/A	558	New Box 12.1	New information providing examples of strategies to facilitate stage transition.
	N/A	563	New Table 12.5	New table Self-Determination Continuum and Constructs
	450	565	Replacement of previous Figure 12.1	Theory based targets for modifying physical activity (PA) behavior.
	N/A	567	New table 12.6	New table Source of Self-Efficacy and Strategies for Enhancing PA
	N/A	571	New Table 12.7	New table Examples of Moving Goals to Action
	N/A	573	New Table 12.9	New table Social Support Type and Action and Statements for PA
	N/A	574	New Box 12.2	New information on Affect and HIIT
	N/A	583-584	New Table 12.10	New table Methods to Elicit Change Talk
Appendix A	N/A	598	New Table A.2	Diabetes Medication Classes and Clinical Considerations
	N/A	600	New Table A.3	Common Cancer Drugs and Side Effects

Appendix B		No updates to content		
Appendix C	487	608	New Chapter Designation	Moved from Appendix D to Appendix C
	491	612	Expanded Table C.2	Added additional predictive equations for "patients with cardiovascular disease" and "treadmill for patients with heart failure"
Appendix D	N/A	616-621	New Appendix	Added Reference List of Commonly Used Equations
Appendix E		No updates to content		
Removed for 11th edition				
Appendix C	482	N/A	N/A	Removed Appendix C: American College of Sports Medicine Certifications