Table 1 lists common acronyms used by fitness professionals and in this textbook.

Table 1

Common acronyms

1RM	One repetitions maximum
A1C	Glycated hemoglobin blood test for Type 2 diabetes and prediabetes
AC	Acromioclavicular
ACE	American Council on Exercise
ACL	Anterior cruciate ligament
ACOG	American College of Obstetricians and Gynecologists
ACSM	American College of Sports Medicine
ADL	Activity of daily living
ADR	Abdominal diastasis recti
ASCVD	Atherosclerotic cardiovascular disease
AT	Achilles tendon
ATFL	Anterior talofibular
ATP	Adenosine triphosphate
BMD	Bone mass density
BMI	Body mass index
BOS	Base of support
BP	Blood Pressure
CDC	Centers for Disease Control and Prevention
CFL	Calcaneofibular
CHD	Coronary heart disease
CKC	Closed kinetic chain
CO2	Carbon dioxide
COG	Center of gravity
COPD	Chronic obstructive pulmonary disorder
CPT	Certified personal trainer
CRF	Cancer related fatigue
CXS	Clinical Exercise Specialist
CTS	Carpal tunnel syndrome
CV	Cardiovascular
CVD	Cardiovascular disease
DBP	Diastolic blood pressure
DCER	Dynamic constant external resistance
DEXA	Dual-energy X-ray absorptiometry
DMARDs	Disease-modifying antirheumatic drugs
DNA	Deoxyribonucleic acid
DRI	Dietary reference intake
DS	Dynamic stretch

DXA	Dual-energy X-ray absorptiometry
EIB	Exercise-induced bronchospasms
EIM	Exercise is Medicine
EPOC	Excess post-exercise oxygen consumption
ER	External rotation
FFM	Fat free mass
FITT	Frequency, Intensity, Time, Type
FMS	Functional movement screen
GDM	Gestational diabetes mellitus
GH	Glenohumeral
GTPS	Greater trochanter pain syndrome
HDL	High-density lipoprotein
HHR	Heart rate reserve
HIIT	High intensity interval training
HIPAA	Health Insurance Portability Accountability Act
HIT	High intensity training
HR	Heart rate
HTN	Hypertension
IR	Internal rotation
IT Band	Iliotibial band
ITBFS	Iliotibial band friction syndrome
KSA	Knowledge, skills, and abilities
Lat(s)	Latissimus Dorsi
LBP	Low back pain
LDL	Low-density lipoprotein
LLC	Limited Liability Company
M/B	Medicine ball
MetS	Metabolic syndrome
MI	Myocardial infarction
MTSS	Medial tibial stress syndrome
NEAT	Non-exercise thermogenesis
NO	Nitric oxide
NSIADS	Non-steroidal anti-inflammatory
O/B	On ball
OA	Osteoarthritis
OHS	Overhead squat assessment
OKC	Open kinetic chain
OTC	Over the counter
PAR-Q	Pre-activity readiness questionnaire
Par-Q+	Pre-activity readiness questionnaire for everyone
Peak VO2	The highest value of VO2 attained upon an exercise test

PF	Plantar fasciitis
PFPS	Patellofemoral pain syndrome
PNF	Proprioceptive neuromuscular facilitation
RA	Rheumatoid arthritis
RD	Registered dietician
RICE	Rest, Ice, Compression, Elevation
RMR	Resting metabolic rate
RNA	Ribonucleic acid
ROM	Range of motion
RPE	Rating of perceived exertion
S/L	Single leg
SBP	Systolic blood pressure
SD	Scapular dyskinesis
SLR	Straight leg raise
SMR	Self-myofascial release
SOAP	Subjective, Objective, Assessment, Plan
SS	Static stretch
T1DM	Type 1 diabetes mellitus
T2DM	Type 2 diabetes mellitus
TEA	Thermal effect of activity
TEE	Total energy expenditure
TEF	Thermal effect of food
TEM	Thermal effect of metabolism,
THA	Total hip arthroplasty
TNM	Tumor, node, metastasis
TT	Talk test
VMO	Vastus medialis oblique
VO2max	Maximal oxygen uptake or maximal aerobic capacity
VO2R (reserve)	The difference between VO_2max and VO_2 at rest
VT1	First ventilatory threshold, also lactate threshold or anaerobic threshold
VT2	Second ventilatory threshold or respiratory compensation threshold