

# ACSM GETP 12th Edition Updates

---

NCCRA Exercise Science Discipline Meeting Handout (Not Official ACSM Content)

## Big Picture Shifts

- More individualized exercise prescription
- Greater inclusion of diverse populations
- Increased focus on behavioral science and adherence

## Exercise Prescription Evolution

- Recognition of sex differences in training response
- Expanded flexibility approaches beyond traditional stretching
- Greater emphasis on precision programming

## Special Populations

- Expanded pregnancy guidance
- Inclusion of transgender and gender-diverse individuals
- Increased focus on individualized care

## Key Cardiopulmonary Updates

- New focus on SCAD and POTS
- Reorganization of heart failure, transplant, and device-based care
- Stronger emphasis on monitoring and clinical decision-making
- Alignment with AHA/AACVPR cardiac rehab components

## Metabolic & Comorbidity Updates

- Inclusion of emerging metabolic conditions (e.g., liver-related disease)
- Reframing obesity within broader metabolic context
- Recognition of increasing patient complexity

## Behavioral Science & Adherence

- Expanded use of motivational interviewing
- Increased focus on long-term adherence strategies
- Emphasis on patient-centered care

## Key Takeaways

- Shift toward personalized, clinically relevant care
- Greater integration of behavioral strategies
- Reflects modern cardiopulmonary rehabilitation practice