

# iCAHE Guideline Clearinghouse

## iCAHE Checklist Score Sheet

### Guideline:

**Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults:** Guidance for Prescribing Exercise (2011, update from 1998 version)

### Guideline Producer:

American College of Sports Medicine

### Link:

[http://journals.lww.com/acsm-msse/Fulltext/2011/07000/Quantity\\_and\\_Quality\\_of\\_Exercise\\_for\\_Developing.26.aspx](http://journals.lww.com/acsm-msse/Fulltext/2011/07000/Quantity_and_Quality_of_Exercise_for_Developing.26.aspx)

**Score: 10/14**

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|---|-----|
| <b>1. Availability</b>  |     |
| Is the guideline readily available in full text?  | Yes |
| Does the guideline provide a complete reference list?   | Yes |
| Does the guideline provide a summary of its recommendations?  | Yes |
| <b>2. Dates</b>   |     |
| Is there a date of completion available?  | No  |
| Does the guideline provide an anticipated review date?  | No  |
| Does the guideline provide dates for when literature was included?  | Yes |
| <b>3. Underlying evidence</b>   |     |
| Does the guideline provide an outline of the strategy they used to find underlying evidence?                                  | Yes |
| Does the guideline use a hierarchy to rank the quality of the underlying evidence?  | Yes |
| Does the guideline appraise the quality of the evidence which underpins its recommendations?                                  | No  |
| Does the guideline link the hierarchy and quality of underlying evidence to each recommendation?                              | No  |
| <b>4. Guideline developers</b>  |     |
| Are the developers of the guideline clearly stated?   | Yes |
| Does the qualifications and expertise of the guideline developer(s) link with the purpose of the guideline and its end users? | Yes |
| <b>5. Guideline purpose and users</b>   |     |
| Are the purpose and target users of the guideline stated?   | Yes |
| <b>6. Ease of use</b>   |     |
| Is the guideline readable and easy to navigate?   | Yes |

