ACSM LOGIC MODEL

1. Known Condition (CV, pulmonary or metabolic)
CVD/PVD/Stoke/COPD/Asthma/Cystic fibrosis/Diabetes/Thyroid disorders

YES	NO

HIGH RISK

Clinically supervised programme

2. Signs and Symptoms
Angina pain or discomfort/shortness of breath at rest or mild exertion, dizziness, ankle oedema, palpitations or tachycardia, intermittent claudication, known heart murmur, unusual fatigue or shortness of breath with usual activities

YES	NO

HIGH RISK

Clinically supervised programme

3. CVD Risk factors
Age, family history, smoking, sedentary, obesity, hypertension, dyslipidaemia, pre-diabetes

2 or more of the above	Less than 2 of the above
Moderate risk	Low Risk
Supervised programme - Level 3 Exercise Referral	Unsupervised programme

- Presence of two or more CVD risk factors → stratify as ***moderate risk***
- Presence of zero or one CVD risk factor → stratify as ***low risk***

Review Health/
Medical History
for: Known Disease,
Signs/Symptoms,
CAD Risk Factors

Known CV,
Pulmonary, Metabolic
Disease?

Cardiovascular: Cardiac, peripheral vascular, or cerebrovascualr disease
Pulmonary: COPD, asthma, interstitial lung disease, or cystic fibrosis
Metabolic: Diabetes mellitus (types 1 and 2), thyroid disorders, renal or liver disease

—Yes— —No—

Major Signs or
Symptoms Suggestive
of CV, Pulmonary,
Metabolic Disease?

Pain, discomfort in the chest, neck, jaw, arms, or other areas that
may result from ischemia
Shortness of breath at rest or with mild exertion
Dizziness or syncope
Orthopnea or Paroxysmal nocturnal dyspnea
Ankle edema
Palpitations or tachycardia
Intermittent claudication
Known heart murmur
Unusual fatigue or shortness of breath with usual activities

—Yes— —No—

Number of CAD Risk
Factors

Age
Family History
Current Cigarette Smoking
Sedentary Lifestyle
Obesity
Hypertension
Hypercholesterolemia
Pre-diabetes

≥ 2   < 2

High Risk   Moderate Risk   Low Risk

ACSM'S HEALTH & FITNESS JOURNAL