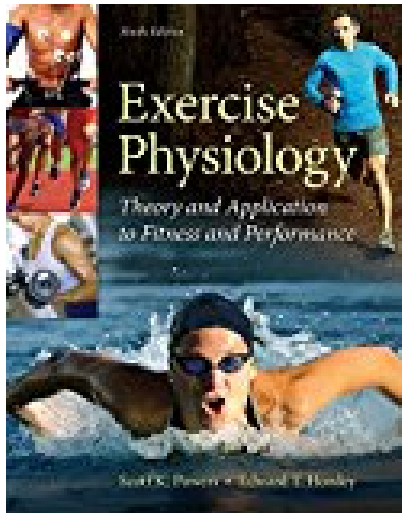


Exercise Physiology Theory and Application to Fitness and Performance B&B Physical Education



BOOK DETAILS

- Author : Scott Powers
- Pages : 640 Pages
- Publisher : McGraw-Hill Education
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BOOK SYNOPSIS

The ninth edition of Exercise Physiology: Theory and Application to Fitness and Performance is intended for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology/exercise science, physical therapy, and physical education. The book contains numerous clinical applications, including exercise tests to evaluate cardiorespiratory fitness and information on exercise training for improvements in health-related physical fitness and sports performance. This comprehensive tool is intended for a one-semester, upper-level undergraduate or beginning graduate exercise physiology course.

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