

Exercise Physiology for Health, Fitness and Performance



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Exercise Physiology for Health, Fitness and Performance</U> unifies basic scientific facts with applied concepts that stimulate active learning and allow for flexibility in teaching. Each unit follows a consistent and integrated sequence of presentation: basic anatomy and physiology review (including neurohormonal regulation), exercise response, training principles and applications, and special applications. For instructors and students, or anyone interested in exercise physiology.

作者介绍:

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