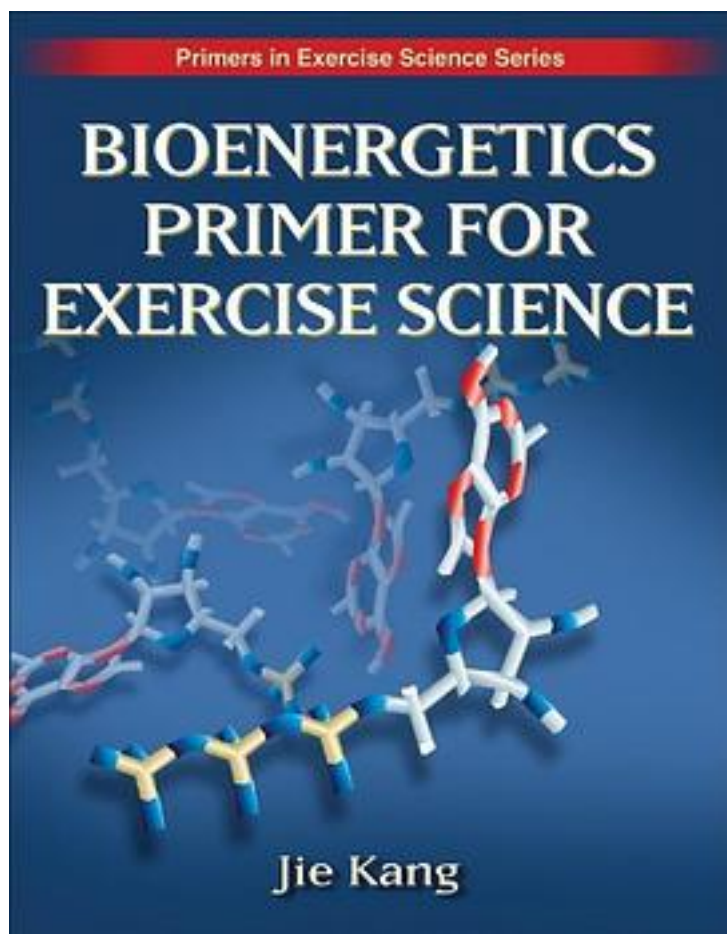


Bioenergetics Primer for Exercise Science



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Bioenergetics is an essential process of health, fitness and sports performance because it serves to fuel various cellular functions of the human body. This book reviews a broad spectrum of information related to bioenergetics and energy

metabolism. It brings together diverse issues that are of theoretical interest and practical importance. This is an ideal textbook and reference providing readers with both knowledge and application. Combining theory with practice, this book serves as a one-stop shop for those interested in building a knowledge base and at the same time applying what they learn into their daily practice. To facilitate its use as a textbook, each section lists learning objectives at the beginning and a summary and study questions at the end of each section.

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