



Exercise Physiology: For Health and Sports Performance (Mixed media product)

By Nick Draper, Helen Marshall

Taylor Francis Ltd, United Kingdom, 2013. Mixed media product. Condition: New. Student. Language: English . Brand New Book. Exercise Physiology for Health and Sports Performance brings together all the essential human anatomy and applied physiology that students of exercise science, physical education and sports coaching need to know. Written in a friendly, accessible style and containing a wide range of features to help develop understanding, this book provides a complete one-stop-shop for exercise physiology. Unlike other texts, this book is split into two key parts: the first introduces the fundamental principles of nutrition, biochemistry, cell biology, and the control, movement and transport energy systems; the second builds on this foundation by applying the theory to exercise and sports performance in practice. With this innovative approach, the text enables students to become confident in their understanding of energy generation and training principles for all sports of varying intensities and durations. Also covers exercise in extreme environments and the applications of physical activities for health. This is the only exercise physiology textbook students will need!.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III