



Exercise Physiology: Theory and Application to Fitness and Performance

By Scott K. Powers, Edward T. Howley

McGraw-Hill Education - Europe, United States, 2014. Paperback. Book Condition: New. 9th International edition. 274 x 226 mm. Language: English . Brand New Book. 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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