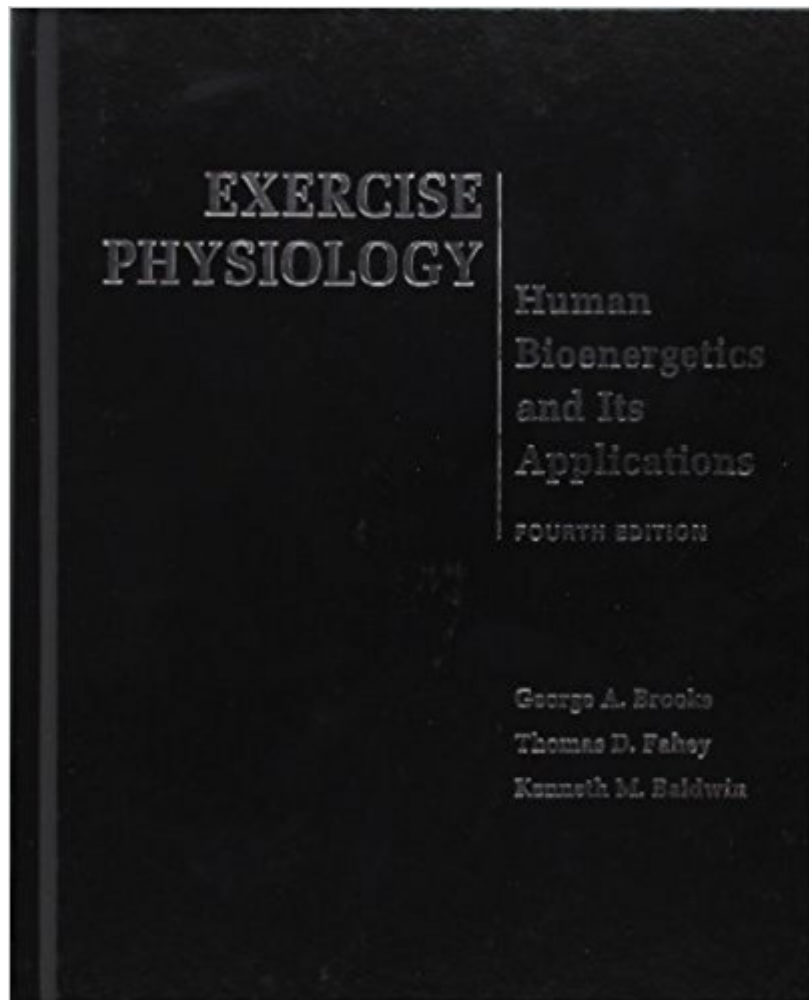




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Exercise Physiology: Human Bioenergetics And Its Applications



Synopsis

Considered a standard in the field, this text integrates Bioenergetics into every chapter and provides a comprehensive survey of current data and research in exercise physiology. In-depth discussion of all areas of exercise physiology makes this text an invaluable resource for students in exercise science, kinesiology, sports medicine, human biodynamics, and physical education.

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Customer Reviews

Dr. George Brooks is Professor VII; Director, Exercise Physiology Laboratory at The University of California - Berkeley. Dr. Kenneth Baldwin is Professor Physiology & Biophysics at The University of California - Irvine. Thomas D. Fahey, Ed.D., is professor of Kinesiology at California State University, Chico, where he teaches Exercise Physiology and Principles of Strength and Conditioning . He also volunteers as an assistant coach with the track and field team. He received his doctorate from the University of California, Berkeley. Dr. Fahey has written college textbooks and trade books on exercise physiology, wellness, athletic training, weight training, personal training, golf, and ergogenic aids. He has also written hundreds of articles for scholarly journals and popular magazines. He is a contributing editor and writes monthly research columns for Muscular Development, Fitness RX for Women and Fitness RX for Men magazines. His interests include travel, skiing, golf, tennis, weight training, hiking, and discus throwing. Dr. Fahey is a world-class masters discus thrower and was an All-American discus thrower in college. He won eleven straight US National Masters Championships, five medals at the World Masters Championships (including

world champion in 2003), and three gold medals in the World Masters Games. He is a former competitor in powerlifting, highland games, alpine skiing, and tennis.

Good book and in good condition

Needed it for graduate school. Very comprehensive book for exercise physiologists and other health science professionals.

Expensive but such a good book !!! Everything is in there !!

Needs some deeper discussion on DM and physiology but a great book to have just the same. Helps to understand path-physiology better.

This book is a comprehensive work in the field and serves as a 'must have' on any exercise physiologist's bookshelf.

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