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For Health, Fitness, and Performance

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Exercise Physiology 4th Edition

**David P. Swain,ACSM,Clinton A.
Brawner**



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Clinical Exercise Physiology, 4E Ehrman, Jonathan, Gordon, Paul, Visich, Paul, Keteyian, Steven, 2019 Clinical Exercise Physiology Fourth Edition With Web Resource is the most comprehensive guide to the clinical aspects of exercise physiology. Covering 24 chronic conditions, it is the go-to book for students preparing for ACSM Clinical Exercise Physiologist certification. Exercise Physiology for Health Fitness and Performance Sharon A. Plowman, Denise L. Smith, 2013-02-25 Updated for its Fourth Edition with increased art and photos, this undergraduate exercise physiology textbook integrates basic exercise physiology with research studies to stimulate learning, allowing readers to apply principles in the widest variety of exercise and sport science careers. The book has comprehensive coverage, including integrated material on special populations and a flexible organization of independent units so instructors can teach according to their preferred approach. Each unit is designed with a consistent and comprehensive sequence of presentation: basic anatomy and physiology, the measurement and meaning of variables important to understanding exercise physiology, exercise responses, training principles, and special applications, problems, and considerations. Plowman and Smith provide a consistently organized, comprehensive approach to Exercise Physiology with excellent supporting ancillary materials. Its ability to relate up-to-date research to key concepts and integrate special populations makes this book ideal for classroom use. **Textbook of Work Physiology** Per-Olof Åstrand, 2003 This updated and revised fourth edition of the respected Textbook of Work Physiology combines classical issues in exercise and work physiology with the latest scientific findings. The result is an outstanding professional reference that will be indispensable to advanced students, physiologists, clinicians, physical educators, and any professional pursuing study of the body as a working machine. Written by world-renowned exercise physiologists and sports medicine specialists, the new edition retains the important historical background and exercise physiology research conducted by the authors over the past 40 years. In addition, it brings you up to date on the growth in the field since the previous edition, presenting today's most current scientific research findings. Beyond the scientific details, the book also addresses the application of this information to the fields of exercise physiology and work physiology, making the resource more useful than ever. Textbook of Work Physiology Fourth Edition includes these updated features: More than 1,600 references; Classical studies and additional reading side boxes for those who wish to study a topic more closely; In-depth studies taken from the working world, recreational activities, and elite sport; More than 380 illustrations, tables, and photos; Comprehensive appendix including glossary, list of symbols, conversion tables, and definitions of terms and units. *Essentials of Exercise Physiology* William D. McArdle, Frank I. Katch, Victor L. Katch, 1994 A highly illustrated textbook for a one-semester essentials-oriented exercise physiology course, being somewhat of a streamlined version of the authors' Exercise Physiology: Energy, Nutrition, and Human Performance. It contains 18 chapters in six major sections: energy transfer and physical activity; nutrition for physical activity; the physiologic support systems; exercise training; and functional capacity factors affecting physiologic function.

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