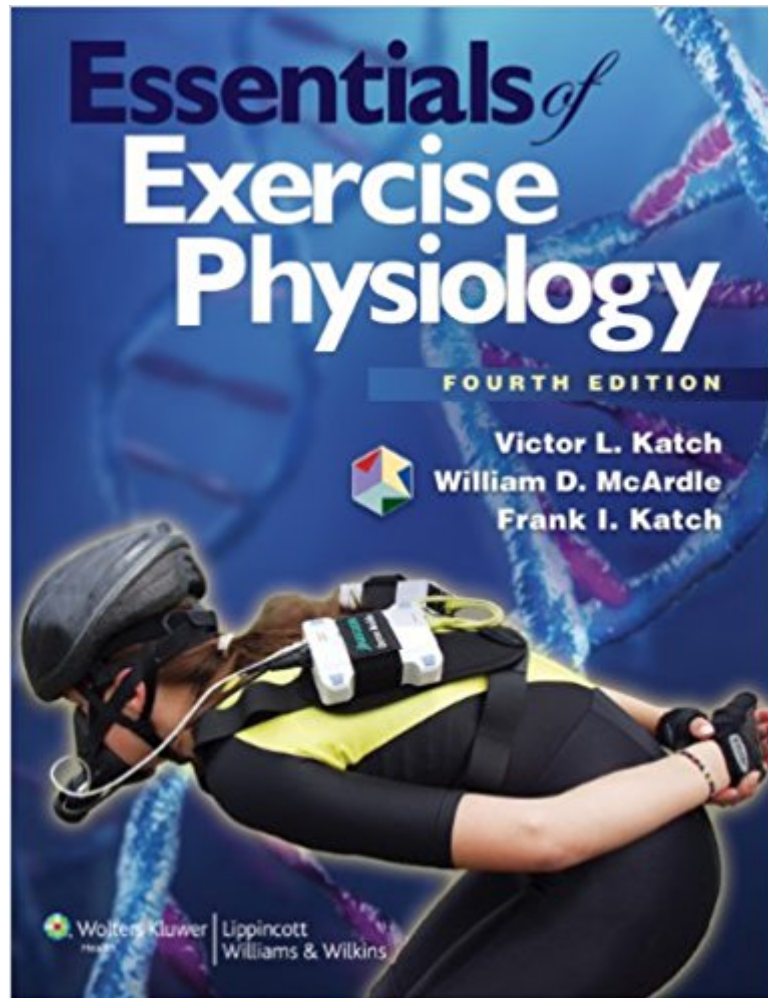




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Essentials Of Exercise Physiology



Synopsis

Essentials of Exercise Physiology offers a compact version of the Seventh Edition of the bestselling Exercise Physiology: Nutrition, Energy, and Human Performance, making it ideal for introductory undergraduate courses. As students progress through the text, they will develop a deep understanding of the interrelationships among energy intake, energy transfer during exercise, and the physiologic systems that support energy transfer. Moreover, they will discover how to apply what they have learned to enhance exercise training, athletic performance, and health. Based on feedback from students and instructors, this Fourth Edition offers new organization, content, and features while maintaining its hallmark pedagogy, writing style, graphics, and flow charts. The new organization makes it easier to cover the text in a one-semester course and adapt materials to diverse interests. Plus, each section has undergone a major revision, offering readers coverage of new and emerging topics in exercise physiology as well as the latest research findings.

Book Information

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Customer Reviews

Used an earlier edition of this book in college! Firm clear explanations! As a personal trainer I find myself using it more to dispel physiological myths that are so pervasive in my field.

I purchased this book due to the class I was taking and I can personally say it is one of the best physiology books i have ever referenced. While I heard some complaints from classmates, I personally felt that the book was presented very well. This will stay in my library until a newer edition

is available.

Great Book, Love the features and quick reference, however I would appreciate if you were able to zoom in on the pages that have charts and graph when using my PC laptop. (which is not a touch screen)

I find that this book is not very easy to read as well as having many typos and other grammatical errors, but that's not the worst of it. I have taken other science classes such as chemistry, biology, and physics that use reliable textbooks and that were taught from seasoned professors, so reading from this book for my required Exercise Physiology course has been a nightmare. This book is not strongly-based with scientific evidence, contradicts itself on several accounts, is full of redundancies, and is laid out in a convoluted mess.

By the time the book gets to my house, it is so wet and looks pretty worn off. May be because of the paper box that did not do the job in protecting the book in the snowy weather. Disappointed!

The book was written well. I would not like it to be so expensive so that I would be able to purchase it. I am glad that I was able to rent the book in time of need. Alice

Needed this book for a college class and it arrived quickly and the book was in more than pristine condition when it arrived. Would recommend.

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