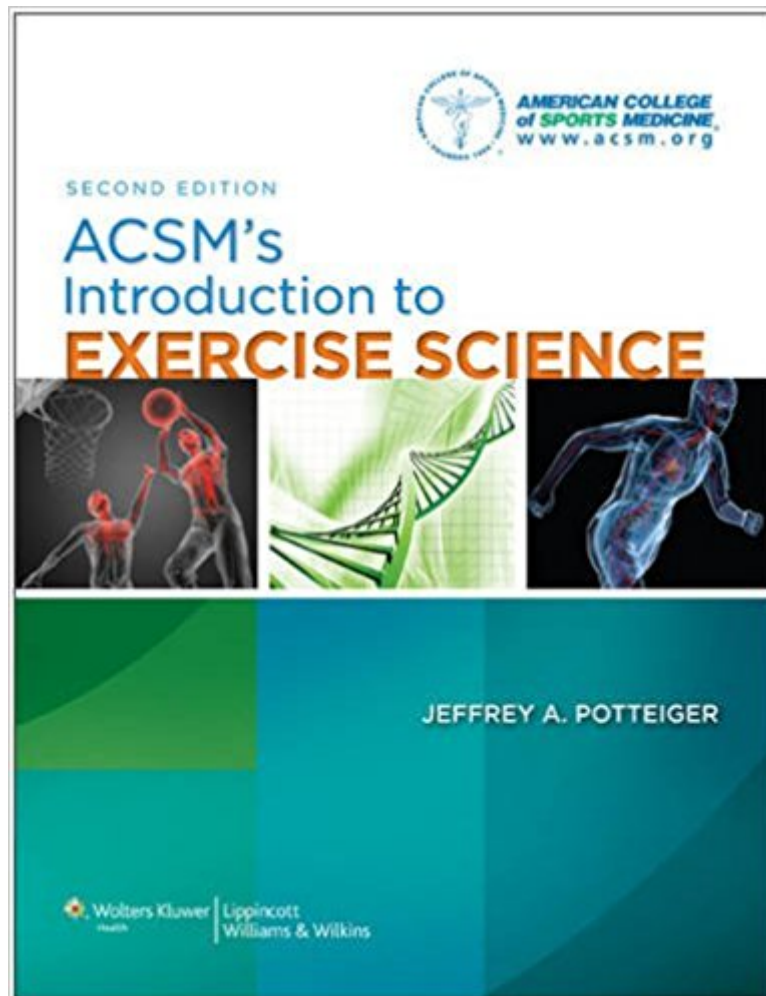




Ebook Directory
the best source of ebook

The book was found

ACSM's Introduction To Exercise Science



Synopsis

Developed by the American College of Sports Medicine (ACSM), this engaging and authoritative book provides an overview of exercise science and related areas, such as athletic training and sports medicine, to help readers develop an understanding of the basics of exercise science and the range of career paths in the field. Now in striking full color, this Second Edition reflects the most current trends and theories in the field and is enhanced by dynamic new videos that showcase different careers in exercise science. Demonstrating how exercise science principles are applied in real world settings, the book covers all the core disciplines of exercise science, including biomechanics, exercise physiology, sports psychology, motor control and learning, nutrition, and sports injury. An ACSM (American College of Sports Medicine) publication, this book reflects the standards for quality and excellence set by the leading exercise science organization in the world. Gain insight into what it takes to prepare for a successful career in the field through fascinating interviews with prominent exercise science professionals now enhanced by NEW video clips. Enhance your understanding of a wide range of exercise science careers through NEW Video Fieldtrips that explore different real world settings. Master key concepts through chapter objectives, key terms and definitions, chapter summaries, review questions, and Thinking Critically boxes that pose questions to stimulate further thought.

Book Information

Series: Acsm's Introduction to Exercise Science

Paperback: 496 pages

Publisher: LWW; Second edition (October 11, 2013)

Language: English

ISBN-10: 1451176724

ISBN-13: 978-1451176728

Product Dimensions: 0.8 x 7 x 9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #167,573 in Books (See Top 100 in Books) #125 in Books > Medical Books > Medicine > Sports Medicine #215 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology #372 in Books > Medical Books > Basic Sciences > Physiology

Customer Reviews

The book came damaged the paper around the binding is ripping off but beside that it has been great. I hope that I do not have to pay for the damage I did not do

This book was required for one of my university courses and it was surprisingly poorly written. As well, the index is terrible.

Pretty encompassing narrative for an intro EXSC class. Used it some, probably should have used it more.

Book was for my course. Price was best I found and delivery was lightning fast

[Download to continue reading...](#)

ACSM's Introduction to Exercise Science ACSM's Guidelines for Exercise Testing and Prescription
ACSM's Resources for the Exercise Physiologist: A Practical guide for the Health Fitness
Professional ACSM's Resources for the Group Exercise Instructor ACSM's Advanced Exercise
Physiology The Moody Atlas of Bible Lands ([ACSM Map Design Competition Collection) The
Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer
Survivors) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With
Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments
& Exercise Routines) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts
For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)
Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay
Strong, Fit, and Sexy Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today -
Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and
Heal Your Body) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact
Exercise Book 1) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin
when diets & exercise fail (When Diets and Exercise Fail Book 1) How to Build Self-Discipline to
Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Nutrition in
Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Forensic Science: An Introduction
to Scientific and Investigative Techniques, Third Edition (Forensic Science: An Introduction to
Scientific & Investigative Techniques) Weight Training: Muscle by Science: Your Simple Guide to
Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build
Size, Gym, Weight Lifting, Exercise, Fitness) Sustaining the Caffeine Advantage: The Science of
Sustained Energy, Exercise, and Fat Burning Health: Allergies, Asthma, and Exercise (Science @

Work) Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)