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Exercise Physiology: Human Bioenergetics and Its ...
Exercise Physiology : Human Bioenergetics and Its Applications 4TH EDITION by George A. Brooks, Thomas D. Fahey and Kenneth Baldwin. McGraw-Hill Publishing Company, 2005 (Read more Read less See the Best Books of 2019

Exercise Physiology: Human Bioenergetics and Its ...

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Exercise Physiology : Human Bioenergetics and Its ...

Exercise Physiology: Human Bioenergetics and its Application, 2nd Edition George A. Brooks, Thomas D. Fahey, and Timothy White This textbook is a revision of the first edition published in 1984. The first edition was an attempt to incorporate the emerging field of exercise biochemistry with exercise physiology.

Exercise Physiology: Human Bioenergetics and Its ...

Although physical capability no longer plays a determinant role in survival, it contributes largely to the development and maintenance of physique and self-image. In turn, an individual's physical performance is the results of such factors as genetic endowment, state of maturation, nutrition, training and environment; these areas are covered in the second edition of this book.

Exercise physiology: human bioenergetics and its applications.

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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