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Exercise Physiology: Theory and Application to Fitness and Performance is designed for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology/exercise science, physical therapy, and physical education. The tenth edition provides students with an up-to-date understanding of the physiology of exercise through the use of numerous clinical applications, including exercise tests to evaluate cardiorespiratory fitness and information on exercise ...

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Written especially for exercise science and physical education students, this text provides a solid foundation in theory illuminated by application and performance models to increase understanding and to help students apply what they've learned in the classroom and beyond.

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