



Exercise Physiology for Health, Fitness, and Performance

Sharon A. Plowman PhD, Dr. Denise L. Smith PhD

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Updated for its Third Edition, 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 combines basic exercise physiology with special applications and contains flexible organization of independent units, so instructors can teach according to their own 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.



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