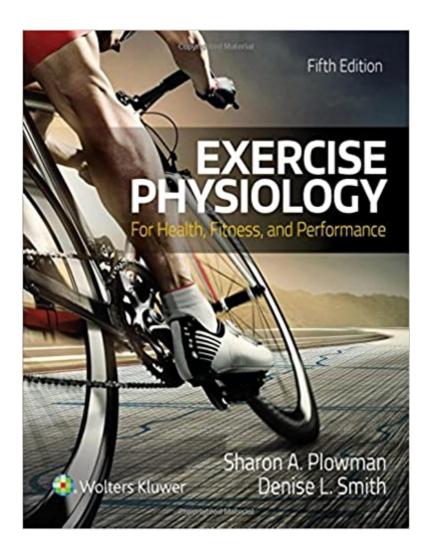


The book was found

Exercise Physiology For Health Fitness And Performance





Synopsis

The new edition of Plowman and Smithââ ¬â,¢s renowned text continues to the authoritative textbook for teaching Exercise Physiology.à This engaging and beautifully designed text integrates theoreticalà and research based basic exercise physiology with real-world application to prepare students for exciting positions in exercise science, fitness, physical education, athletic training, rehabilitation, coaching and/or allied health professions. à Accessible and engaging, the 5th Edition offers coverage of foundational science and critical exercise physiology topics.

Organized by independent units (Metabolic, Cardiovascular-respiratory, Neuromuscular-skeletal, and Neuroendocrine-immune) this text offers maximum teaching flexibility for faculty and consistent presentation of material for the student.

Book Information

Hardcover: 760 pages

Publisher: LWW; Fifth edition (February 16, 2017)

Language: English

ISBN-10: 1496323181

ISBN-13: 978-1496323187

Product Dimensions: 8.6 x 1.5 x 11 inches

Shipping Weight: 4.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #60,414 in Books (See Top 100 in Books) #58 inà Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #77 inà Books > Medical Books > Medicine > Sports Medicine #190 inà Â Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology

Download to continue reading...

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Exercise Physiology for Health Fitness and Performance Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [15 Weeks * Softback * Large 8.5" x 11" * Full Page ... Cycling / Biking] (Exercise & Fitness Gifts) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the

Clinical Exercise Physiology) Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology) Exercise Physiology: Theory and Application to Fitness and Performance Exercise Physiology: Theory and Application to Fitness and Performance (B&B Physical Education) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life ROAR: How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life A SUPER Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1) Fitness for Polo - Exercise Guide (Fitness for Polo Series Book 1) Fitness for Polo - FitBall Exercise Guide (Fitness for Polo Series Book 2) Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Exercise Physiology: Nutrition, Energy, and Human Performance Exercise Physiology: Nutrition, Energy, and Human Performance (Point (Lippincott Williams & Wilkins))

Contact Us

DMCA

Privacy

FAQ & Help