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Laboratory Manual for Exercise Physiology

By G. Gregory Haff

Human Kinetics Publishers. Paperback. Condition: New. 464 pages. Dimensions: 11.0in. x 8.5in. x 1.2in. Designed for undergraduate students, *Laboratory Manual for Exercise Physiology: Predictions, Equations, and Test Methods* offers comprehensive coverage of the basic testing procedures used in the assessment of human performance, health, and wellness. This user-friendly resource will assist students in developing the knowledge and skills to perform a wide range of tests and to critically analyze and synthesize data. Authors Gregory Haff and Charles Dumke have assembled a text that introduces readers to testing that can be applied in a variety of professional settings. The book's 15 labs encompassing 49 activities lead students through a series of learning opportunities that explore the basics of testing and pretest screening as well as methods for evaluating flexibility, blood pressure, oxygen consumption and energy expenditure, aerobic and anaerobic fitness, lactate metabolism, muscular strength, pulmonary function, body composition, and electrocardiogram assessments. *Laboratory Manual for Exercise Physiology* has been expertly sequenced to offer students an optimal learning experience. Organized in a logical progression, the labs build in complexity as students progress through the book and develop their knowledge base. A consistent heading structure enables students to easily follow the material and grasp the...



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