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Exercise, Sport, and Bioanalytical Chemistry: Principles and Practice (Paperback)

By Anthony C. Hackney

Elsevier Science Publishing Co Inc, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. A new volume in the Emerging Issues in Analytical Chemistry series, Exercise, Sport, and Bioanalytical Chemistry: Principles and Practice focuses on the basic and applied aspects of energy metabolism in humans. Concise and scientific, yet intelligible to the nonscientist, the book consists of two parts. Part I, Introduction: Basics and Background, provides the biochemistry necessary to understand the rest of the book and describes analytical processes and results as an aid to grasping the science. Part II, Applications: Knowledge into Practice, explores measurement techniques for metabolism, energy expenditure of various activities, techniques that enhance expenditure, metabolic adaptation, foods and drugs that enhance expenditure, and the role of bioanalytical chemistry in future research in exercise and sport. Discussion of the benefits of exercise and practices for improving the capacity to perform exercise is illustrated by many useful and entertaining examples. This volume allows readers to come away with a grasp of the scientific concepts, how they are manifested in research techniques, and how the results of research can be applied in the real world of public health and personal development. The Emerging Issues in Analytical...



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