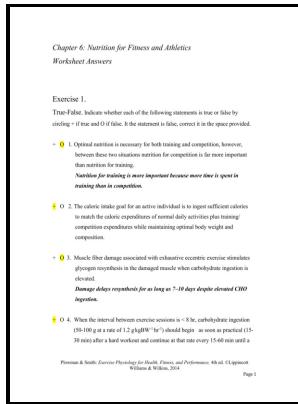


Exercise physiology for health, fitness, and performance

Allyn & Bacon - Exercise Physiology for Health Fitness and Performance / Edition 5 by Sharon Plowman, Denise Smith



Description: -

- Exercise -- Physiological aspects.Exercise physiology for health, fitness, and performance

-Exercise physiology for health, fitness, and performance

Notes: Includes bibliographical references and index.

This edition was published in 1997



Filesize: 14.94 MB

Tags: #Exercise #Physiology #for #Health #Fitness #and #Performance #/ #Edition #5 #by #Sharon #Plowman, #Denise #Smith

Plowman & Smith, Exercise Physiology: For Health, Fitness and Performance

Equations and examples are presented for the students to work. However, if needed, readers may skip to specific chapters without encountering any difficulty in understanding the concepts. Description This innovative text incorporates two new integrative approaches to exercise physiology.

Plowman & Smith, Exercise Physiology: For Health, Fitness and Performance

Assessment: This edition contains updated peer-reviewed citations and presents old and new theory about exercise physiology. Audience: The book is aimed specifically at undergraduate college students.

Exercise Physiology for Health Fitness and Performance / Edition 5 by Sharon Plowman, Denise Smith

Doody's Review Service Reviewer: Erik H VanIterson, M. He taught a variety of courses in physiology, exercise physiology and fitness testing and prescription over 36 years. Purpose: The aim is to present a structured and well-rounded book focused on the science of exercise physiology and supporting fields.

Exercise Physiology for Health Fitness and Performance

The text provides students with an up-to-date understanding of the physiology of exercise through the use of numerous clinical applications. Quindry has an educational background in exercise physiology BS, MS at Illinois State University and a PhD in Biomedical Sciences emphasis: Physiology from the Quillen College of Medicine as East Tennessee State University. He retired in 2007 and holds the rank of professor emeritus.

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