

Fitness, performance, and health norms

Human Kinetics - Norms for Fitness, Performance, and Health by Jay Hoffman (2006, Perfect) for sale online

Description: -

-

English language -- Grammar -- 1950-

Theater of the absurd.

Drama -- 20th century -- History and criticism.

Provisional remedies -- Germany (West)

Child artists -- Spain.

Arts -- Study and teaching (Elementary) -- Spain.

Reference Values

Physical Endurance

Body Weights and Measures -- statistics & numerical data

Anthropometry -- methods

Physical Fitness -- physiology

Physical fitness -- Standards

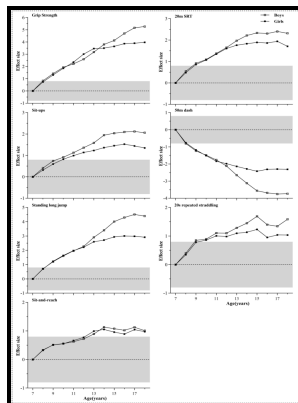
Physical fitness -- Evaluation

Physical fitness -- Measurement Fitness, performance, and health norms

-Fitness, performance, and health norms

Notes: Includes bibliographical references and index.

This edition was published in 2006



Filesize: 56.105 MB

Tags: #Norms #for #Fitness, #Performance, #and #Health

Norms for Fitness, Performance, and Health by Jay Hoffman (2006, Perfect) for sale online

Norms for Fitness, Performance, and Health contains a comprehensive collection of normative data for numerous fitness, performance, and health components across a range of ages, abilities, occupations, and athletic backgrounds. Part II provides normative data for various athletic performance and fitness components. Anaerobic Power -Laboratory Measures of Anaerobic Power -Field Tests for Anaerobic Power -Summary Chapter 6.

FREE PDF NORMS FOR FITNESS PERFORMANCE AND HEALTH PDF

. This book has soft covers.

Norms for Fitness, Performance, and Health / Edition 1 by Jay Hoffman

A few small marks to page edges Good condition is defined as: a copy that has been read but remains in clean condition. Will NOT include CDs, access codes or any other material originally provided.

Norms for Fitness, Performance, and Health / Edition 1 by Jay Hoffman

Reference for health and fitness professionals and performance consultants, including exercise physiologists, physical educators, kinesiologists, and sports medicine specialists.

Norms for Fitness, Performance, and Health

Part III offers normative data for various health issues, including cardiovascular profiles blood pressure, heart rates , lipid profiles cholesterol, triglycerides , hematological profiles hemoglobin, iron , energy expenditures, and caloric values.

Related Books

- [Specification and design of repeater systems for radio and television broadcasting units - a study of](#)
- [G.B.S. as fellow countryman](#)
- [Survival guide for road warriors - essentials for the mobile lawyer](#)
- [Restes de Muriel](#)
- [The 2007-2012 Outlook for Snowboarding Boots for Step-In Bindings in Greater China](#)