

Physiology of Sport and Exercise

By Jack H. Wilmore, David L. Costill

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An introduction to sport and exercise physiology for students, this book reviews the major body systems, and examines the body's acute responses to exercise and its chronic response to training. Students are taught how the environment affects these responses, and the text examines various approaches used to optimize performance. It highlights special concerns for special populations involved in physical activity, and examines the importance of physical activity to health. Included with the book are a colour transparency set containing 104 transparencies, and a test bank package containing a disk available in Windows and Macintosh.

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