

Exercise Physiology: Human Bioenergetics and Its Applications

George A. Brooks, Thomas D. Fahey



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Exercise Physiology: Human Bioenergetics and Its Applications George A. Brooks, Thomas D. Fahey Considered a standard in the field, this text integrates Bioenergetics into every chapter and provides a comprehensive survey of current data and research in exercise physiology. In-depth discussion of all areas of exercise physiology makes this text an invaluable resource for students in exercise science, kineslology, sports medicine, human biodynamics and physical education.

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