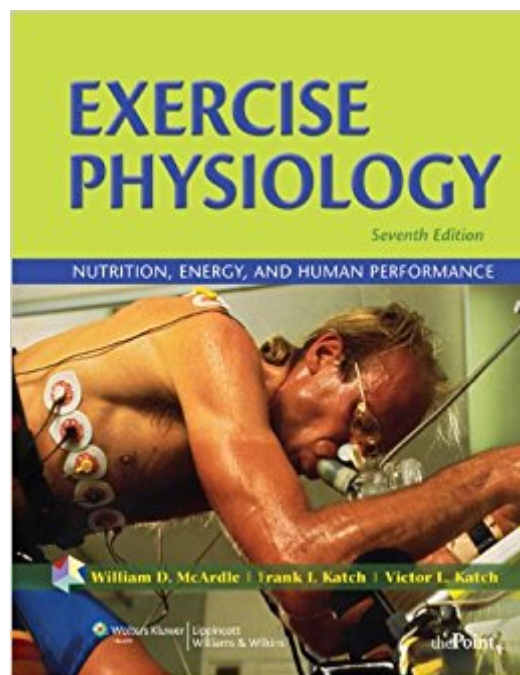




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Exercise Physiology: Nutrition, Energy, And Human Performance (Point (Lippincott Williams & Wilkins))



Synopsis

Since publication of its First Edition in 1981, Exercise Physiology has helped more than 350,000 students build a solid foundation of the scientific principles underlying modern exercise physiology. This Seventh Edition has been thoroughly updated with all the most recent findings, guiding you to the latest understanding of nutrition, energy transfer, and exercise training and their relationship to human performance. This Seventh Edition maintains its popular seven-section structure. It begins with an exploration of the origins of exercise physiology and concludes with an examination of the most recent efforts to apply principles of molecular biology. The book provides excellent coverage of exercise physiology, uniting the topics of energy expenditure and capacity, molecular biology, physical conditioning, sports nutrition, body composition, weight control, and more. Every chapter has been fully revised and updated to reflect the latest information in the field. The updated full-color art program adds visual appeal and improves understanding of key topics. A companion website includes over 30 animations of key exercise physiology concepts; the full text online; a quiz bank; references; appendices; information about microscope technologies; a timeline of notable events in genetics; a list of Nobel Prizes in research related to cell and molecular biology; the scientific contributions of thirteen outstanding female scientists; an image bank; a Brownstone test generator; PowerPoint® lecture outlines; and image-only PowerPoint® slides.

Book Information

Series: Point (Lippincott Williams & Wilkins)

Hardcover: 1104 pages

Publisher: LWW; 7 edition (November 13, 2009)

Language: English

ISBN-10: 0781797810

ISBN-13: 978-0781797818

Product Dimensions: 10.9 x 8.5 x 1.8 inches

Shipping Weight: 6.2 pounds

Average Customer Review: 4.2 out of 5 stars 28 customer reviews

Best Sellers Rank: #85,053 in Books (See Top 100 in Books) #88 in Books > Textbooks >

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Customer Reviews

This excellent book covers more than the basics of exercise physiology with hundreds of references to studies, charts and graphs. Everything, it seemed to me, was backed by empirical evidence. There is still much to be learned in this field, but I think anyone interested in the subject would do well to own this textbook. It is written on an introductory college level, in my opinion. I rated it 5 stars based on the presentation of the material and sound scientific basis for ideas presented.

This is the third updated version I have ordered. It's an excellent book that I would recommend to anyone interested in their own health, particularly if you are an athlete of any level of fitness.

Great book full of information for a good price. Shipping and delivery was quick as well.

I was supposed to buy the 4th edition for \$36,083 but I opted to buy the 3rd edition for \$15 and it has 98% of the same information. A good deal on a high quality physio book

I bought this book 2 months ago. It has a lot of chapters explaining different subjects, such as nutrition, VO2 max etc. I definitely recommend it to university's students who want to learn more about exercise physiology, nutrition and how the human's body system works.

I used this book to help with my graduate level courses in physiology and it helped tremendously. Some of the information was different from other text books I have used in the past, but besides that this was a great resource.

lot of great info

great help for my exercise physiology class its an older edition but its still up to date, especially for future P.E. teachers.

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