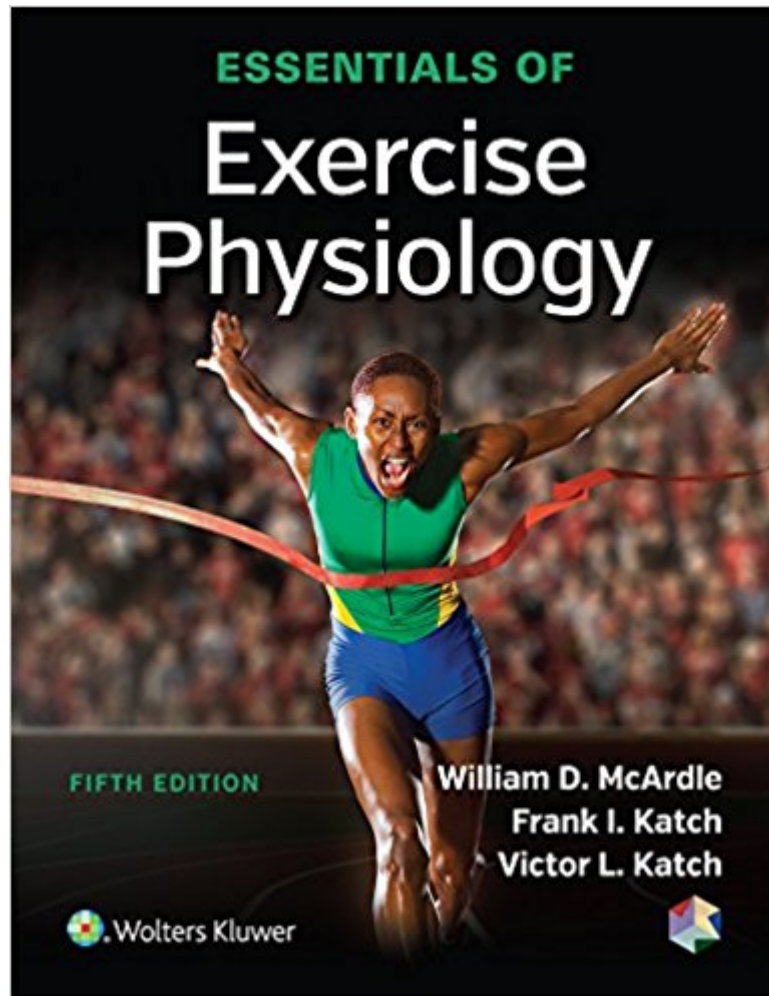




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# Essentials Of Exercise Physiology



## Synopsis

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Help your students succeed in the course and their future careers with this Fifth Edition of the briefer version of the best-selling McArdle Exercise Physiology text. The book emphasizes nutrition as the foundation of exercise and uses a new student-friendly magazine-style design, hallmark pedagogy, and an engaging writing style to make exercise physiology interesting and understandable for today's undergraduate students. Featuring updates in every section that reflect the latest trends and research in the field, Essentials of Exercise Physiology helps students develop a deep understanding of the interrelationships among energy intake, energy transfer during exercise, and the related physiologic systems. As they progress through the book, students also master the how-tos of applying key concepts to enhance exercise training, athletic performance, and health. In addition, the Fifth Edition includes a suite of instructor and student resources designed to save you time and help your students succeed. Student Resources: An online Interactive Question Bank with study and quiz options helps students master the content of the course. Supplemental documentation relevant to the field includes The Internet and Exercise Physiology, Surgeon General's Vision for Health Fit Nation 2010, and a Guide to Reliable Supplemental Information Sources. A list of Frequently Cited Journals in Exercise Physiology enables students to increase their understanding of topics of interest. Animations of key exercise physiology concepts selected by reviewers help students understand complex processes. Instructor Resources: PowerPoint presentations make it easy to integrate the textbook with your students' classroom experience via either handouts or slide shows. A complete image bank enhances lecture and exam preparation. A robust test generator helps you put together tests that assess your students' understanding.

## Book Information

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## Customer Reviews

I got this book for our grandson who is beginning to involve himself in the development of his young body. I lifted when I was young, studying the anatomy of the muscular and skeletal systems, and this book will help our grandson understand what he should do.

This is the finest book on Exercise Physiology. There's not much more to say. These guys are the true experts. You will surely learn what you need and have a great reference. Essential!

Nice concise overview. Just what I wanted.

Very thorough and in depth discussion about ex. phys. Great reference book as well, for students or laymen, would buy it again.

The book is ok as an intro to Exercise Physiology. Well done. Should be around 40 dollars and no more. We are getting charged way to much for textbooks. American Politicians and educational institutions should Help the students out and not require new publications of text, till the are really needed. Let some break throughs happen and not just a few word changes. Thank you , for offering this book below my schools bookstore cost.

everything went very smooth. this was my first order on and it wont be my last.

Arrived in great condition and in a speedy manner. Still reading it, but so far is a wonderful book.

Excellent!

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