



Exercise Physiology: Human Bioenergetics and Its Applications

George Brooks, Thomas Fahey, Kenneth Baldwin

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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, kinesiology, sports medicine, human biodynamics, and physical education.

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