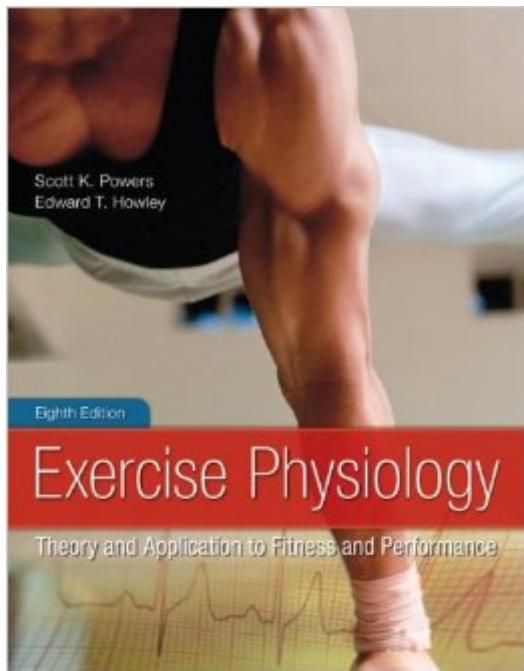


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# Exercise Physiology: Theory And Application To Fitness And Performance



## **Synopsis**

Written especially for exercise science and physical education students, this text provides a solid foundation in theory illuminated by application and performance models to increase understanding and to help students apply what they've learned in the classroom and beyond.

## **Book Information**

Hardcover: 640 pages

Publisher: McGraw-Hill Education; 8 edition (November 22, 2011)

Language: English

ISBN-10: 0078022533

ISBN-13: 978-0078022531

Product Dimensions: 8.7 x 1.2 x 10.9 inches

Shipping Weight: 3.4 pounds

Average Customer Review: 4.5 out of 5 starsÂ  [See all reviewsÂ \(51 customer reviews\)](#)

Best Sellers Rank: #19,345 in Books (See Top 100 in Books) #8 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #11 inÂ Books > Medical Books > Medicine > Sports Medicine #20 inÂ Books > Engineering & Transportation > Engineering > Bioengineering

## **Customer Reviews**

I bought this as an ebook for a class I was taking at college which was great. Then I had to buy a new computer and of course the only option to purchase a computer is either going to be Windows 8 or an Apple. This ebook is not compatible with Windows 8, iPhone, or my tablet. The only way I could access this book again was to download an older Kindle version (Kindle for PC) on my Windows 8 computer, which luckily worked. Beware if you plan on purchasing this as an ebook, because you may not be able to access it ever again in the future when the technology is still not updated. I'm thinking I may invest in printing this ebook sometime just in case.

If your professor wants you to buy the newest edition, buy instead. It has all the same content, the chapters are just a little out of order. The pictures are also the exact same as in the newer editions

I bought it for my kindle which sadly didn't work out. Instead, I had to use it on my computer which is fine except that I could have gotten cheaper elsewhere. Either way, it was a good textbook and a good download.

This was a necessity for the class and helped out very much in my studies. If you are in Exercise Physiology or it's just an interesting subject you want to learn more about, this book is extremely beneficial.

Really enjoy the "usability" of this book. It is well written, clearly organized, and has been usefully for my Ex. Physiology class and the Lab (it was not required for the lab, but I would highly recommend it as supplemental material if its needed for another class). It has helped my write several Physiology manuscripts! I will definitely keep this one on the shelf for future reference.

This is a college text for a graduate level course. It discusses how the body functions and adapts through exercise pathways. If you need it for college, I recommend purchasing; it is loaded with information.

I've been out of school for a little while so resorting to a textbook had me slightly worried. Nothing to fear- very well organized and easy to read. A great foundation for degrees in Health and Sports Sciences, etc.

Well written and fairly easy to read, this physiology textbook is a beneficial addition to the library of any CPT.

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