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Essentials of Exercise Physiology, 2nd Ed William D. McArdle , Frank I. Katch , Victor L. Katch Lippincott Williams & Wilkins , Jan 1, 2000 - Medical - 475 pages

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Exercise Physiology: Nutrition, Energy, and Human Performance William D. McArdle BS M.Ed PhD , Frank I. Katch , Victor L. Katch 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.

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Exercise Physiology by William D. McArdle

Description: This is the latest edition of a high quality book on exercise physiology and related topics, including nutrition, physical activity, and exercise training, useful for classroom learning or readers interested in applying these concepts in the real-world setting.

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principles underlying modern exercise physiology. This Seventh Edition has been thoroughly updated

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