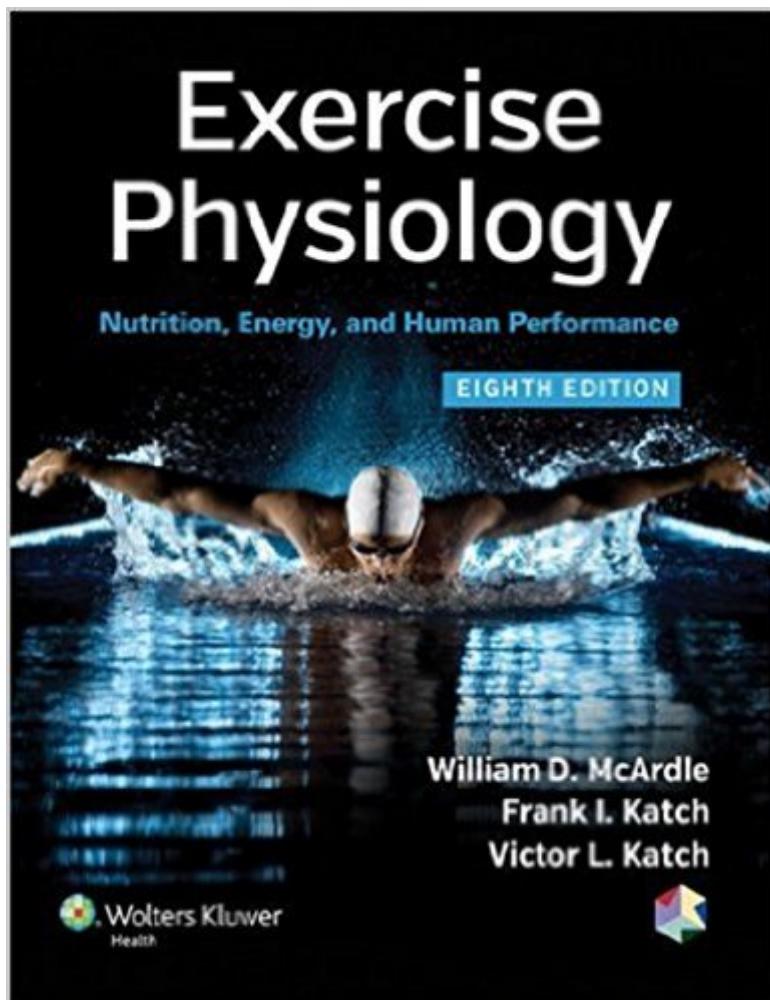


The book was found

Exercise Physiology: Nutrition, Energy, And Human Performance



Synopsis

Setting the standard for more than 30 years, *Exercise Physiology* has helped more than 350,000 students build a solid foundation in the scientific principles underlying modern exercise physiology. This Eighth Edition is updated with the latest research in the field to give you easy-to-understand, up-to-date coverage of how nutrition, energy transfer, and exercise training affect human performance. Get quick access to the resources available to help you master each section of the text with *âœAncillaries at a Glance.* • Maximize your study time with the bookâ™s vibrant, *âœmagazine style* • design that makes the content more engaging and accessible and key information easier to find. Reinforce your understanding with Chapter Objectives, Integrative Questions that pose open-ended questions for reflection on complex concepts, and FYI sections that offer *âœgood to know* • information. Gain an understanding of how researchers contribute to our knowledge of exercise physiology through engaging section-opening interviews with key figures in the field. Learn how theoretical concepts relate to practical skills through *âœIn a Practical Sense* • features. Access the most relevant current information in the field through figures and tables that clarify important concepts and information. Gain an understanding of the past, present, and future of the profession through coverage of important milestones and future directions in the field. Visit the free companion website for anywhere, anytime access to over 30 animations of key exercise physiology concepts, the bookâ™s complete list of references, and more.

Book Information

Series: *Exercise Physiology: Nutrition, Energy, and Human Performance* (Eighth Edition)

Hardcover: 1088 pages

Publisher: LWW; 8th edition (February 24, 2014)

Language: English

ISBN-10: 1451191553

ISBN-13: 978-1451191554

Product Dimensions: 2 x 8.8 x 11.2 inches

Shipping Weight: 6.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #20,931 in Books (See Top 100 in Books) #56 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology #83 inÂ Books > Medical Books > Basic Sciences > Physiology #150 inÂ Books > Textbooks > Medicine & Health Sciences > Allied Health Services

Customer Reviews

Updated version of what for me is the "Gold Standard" exercise physiology text for basic to RELATIVELY advanced exercise physiology. More advanced users will know where else to look.

worked well for my class and explains everything well

Exactly as described!

Never actually ended up using it much. Only referenced figures, which are great!

It's important book for athletes people!! I really like it

Our class needed this as a reference! It has been great!

Good book for college class

great book, buy on textbooks dot com, may be able to get a better price

[Download to continue reading...](#)

Exercise Physiology: Nutrition, Energy, and Human Performance ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsm's Resources for the Clinical Exercise Physiology) Human Anatomy & Physiology Plus MasteringA&P with eText -- Access Card Package (9th Edition) (Marieb, Human Anatomy and Physiology with Mastering A&P) Human Anatomy & Physiology Laboratory Manual, Cat Version Plus MasteringA&P with eText -- Access Card Package (12th Edition) (Marieb & Hoehn Human Anatomy & Physiology Lab Manuals) Endocrine and Reproductive Physiology: Mosby Physiology Monograph Series (with Student Consult Online Access), 4e (Mosby's Physiology Monograph) Renal Physiology: Mosby Physiology Monograph Series (with Student Consult Online Access), 5e (Mosby's Physiology Monograph) Exercise Physiology: Theory and Application to Fitness and Performance ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Acsm's Resource Manual for Guidelines for Exercise Testing and Prescription) Exercise Every Day: 32 Tactics for Building the Exercise Habit Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources Nursing: Human Science And Human

Care (Watson, Nursing: Human Science and Human Care) Physiology of Sport and Exercise 6th Edition With Web Study Guide Physiology of Exercise and Healthy Aging Molecular Exercise Physiology: An Introduction Clinical Exercise Physiology-3rd Edition Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Textbook of Age Management Medicine Volume 1: Mastering Healthy Aging Nutrition, Exercise and Hormone Replacement Therapy Princeton Review Anatomy and Physiology Coloring Books to Accompany Tortora's Principles of Anatomy and Physiology Laboratory Manual for Anatomy & Physiology (6th Edition) (Anatomy and Physiology) Respiratory Care Anatomy and Physiology: Foundations for Clinical Practice, 3e (Respiratory Care Anatomy & Physiology)

[Dmca](#)