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Brooks/Cole, Cengage Learning,

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**Abstract:** This third edition of the book integrates basic concepts and relevant scientific information to provide the foundation for understanding nutrition, energy transfer, and exercise and training. Designed for both the beginning and advanced student, the subjects covered include energy for physical activity, systems of energy delivery and utilization, enhancement of energy capacity, work performance and environmental stress, body composition, energy balance, and weight control, and the metric system and SI units.

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Edition  
prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.

"This is a textbook for undergraduate Exercise Physiology courses"--Provided by publisher.

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**Edition** and how to conduct basic studies in health, physical education, exercise science, athletic training, and recreation. Designing and Conducting Research in Health and Human Performance is filled with illustrative examples that emphasize the real-world applications of research methods. Throughout, the authors draw on a variety of examples that were selected because they provide a context to further the understanding of health and human performance research. Research to Practice examples and Tips are included by the authors to help students better appreciate the book's content. These study aids provide suggestions and additional resources to assist students in understanding the research process. Key Terms, defined and highlighted, enrich each chapter. Chapter Review Questions, designed to help students comprehend and follow best practices in research methods,

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ere's the first research-based text that integrates key topics in the field of exercise and sports nutrition. It is organized to clearly present information about nutrient digestion, absorption and assimilation presented first, followed by discussions on how nutrients provide energy for the body. Lecturers - Click here to order a FREE Review Copy of this title !

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stands of the ACSM. The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines, and explains the science behind the exercise testing and prescription. ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training.

ACSM ' s Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting

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where the book is a core text for personal training programs.

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