



Exercise Physiology: Human Bioenergetics and Its Applications

George A. Brooks, Thomas D. Fahey, Kenneth M. 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.

Exercise Physiology: Human Bioenergetics and Its Applications Details

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Author : George A. Brooks , Thomas D. Fahey , Kenneth M. Baldwin

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From Reader Review Exercise Physiology: Human Bioenergetics and Its Applications for online ebook

Darren says

For many 'in the know' Brooks tome on the whys of exercise, or, more importantly, with his UC Berkeley Affiliation, the 'why Not?s', of common understanding. Common as 'plebian' versus 'progressive' Brooks text is a Brilliant standard of excellence in the field of Exercise Physiology (Bioenergetics).

Sebastien says

Although I haven't read the whole textbook (about half-read) due to priorities in specific subjects, I will say that this is the best of the bunch in exercise physiology texts. It's definitely a keeper for a lot of related subjects, though some are still missing more or less in depth (I was surprised, and a bit disappointed, that not much was mentioned about adrenergic receptors, for example). Nonetheless, until now, my favorite of exercise physiology texts, and one I wish would have been the text in use at university classes.
