



Anatomy and Exercise Physiology

By edited and compiled by Hoshiyar Singh

Khel Sahitya Kendra, 2013. Hardcover. Book Condition: New. Dust Jacket Condition: New. 1st Edition. Contents: 1. Our body. 2. Cells and tissues. 3. Bones and joints. 4. The skeletal system. 5. The nervous system. 6. Digestive system. 7. Muscular system. 8. Endocrine system. 9. Excretory system. 10. Sense organs. 11. Respiratory system. 12. Reproductive system. 13. Exercise physiology an introduction. 14. Cardiovascular response to exercise and training. 15. Structure and function of skeletal muscle. 16. Energy systems of the body. 17. Nutrition and exercise performance. The extensive knowledge of exercise physiology builds a strong foundation for professional groups like physical education teachers coaches fitness experts etc., concerned with human physical activity. It helps these professionals to acquire and disseminate knowledge pertaining to physical activity of human beings. Furthermore, it assists in scientifically constructing and implementing exercise/training programmes for various categories of people, be it for those who are involved in competitive sports or those interested in acquiring optimal fitness. To accomplish high performance in competitive sports it is essential that the trainers possess the knowledge of exercise physiology. (jacket).



READ ONLINE
[2.06 MB]

Reviews

Comprehensive information! Its this sort of excellent go through. It is packed with knowledge and wisdom You may like just how the author publish this book.

-- **Mustafa McGlynn**

Complete guideline! Its this kind of great read through. It is probably the most incredible pdf i actually have read through. Its been developed in an extremely straightforward way and it is simply soon after i finished reading this book through which actually modified me, affect the way i really believe.

-- **Beryl Labadie I**