

Physiology of sport and exercise

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Abstrak

Physiology of sport and exercise, sixth edition, frames research findings in physiology in a reader-friendly format. This resource offers a simple way for students to develop an understanding of the body's abilities to perform various types and intensities of exercise and sport, to adapt to stressful situations, and to improve its physiological capacities. Written by a team of distinguished researchers, all past presidents of the American College of Sports Medicine, this updated sixth edition has been enhanced with new elements to facilitate learning comprehension. The redesigned photos, illustrations, and medical artwork of the fifth edition that clarified difficult concepts and illustrated how the body performs are now complemented by new digital components. Seven animations have been added, bringing the total to 25 and providing a dynamic way to experience course material. The 60 audio clips provide explanations of complex physiological processes to aid students' understanding of important illustrations in the text, and approximately 20 video clips from leaders in the field discuss recent developments and real-world applications to help students connect theoretical and practical concepts.