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Introduction to Exercise Science Foundations of Exercise Science Sport and Exercise Science: Psychology Sport and Exercise Science Exercise and Sport Science Sport and Exercise Science Evidence-Based Practice in Exercise Science Physical Education, Exercise Science and Sport Bioenergetics Primer for Exercise Science Introduction to Exercise Science Physiology of Sport and Exercise 6th Edition Sport and Exercise Science Physical Education, Exercise and Sport Science in a Changing Society Molecular Exercise Physiology Laboratory Experiences in Exercise Science Exercise Science : Theory & Practice Sports Science Handbook: I-Z Physical Education, Exercise and Sport Science in a Changing Society Exercise Science Perspectives in Exercise Science and Sports Medicine Lab Reports and Projects in Sport and Exercise Science Exercise Science, Sports Studies and Physical Education Exercise Physiology Advanced Statistics for Kinesiology and Exercise Science Physiology of Exercise Measurement Concepts in Physical Education and Exercise Science ACSM's Introduction to Exercise Science Controversies in Exercise Science The Cutting Edge in Physical Education and Exercise Science Research Sports Science Handbook Clinical Exercise Science Essentials of Youth Fitness Introduction to Exercise Science Genetics Primer for Exercise Science and Health Kinanthropometry and Exercise Physiology Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation Exploring Exercise Science Fundamentals of Sport and Exercise Science SPRT1025 - Custom Reader for Worcester The Science of Fitness Perspectives in Exercise Science and Sports Medicine

Introduction to Exercise Science 2017-09-01

the fifth edition of introduction to exercise science introduces students to every core area of study in the discipline it comprises concise chapters which introduce the history key lines of inquiry relating to both health and performance technology certifications professional associations and career opportunities associated with each area no other book offers such a wide ranging evidence based introduction to exercise science written by leading and experienced experts chapters include reading and interpreting literature measurement in exercise science anatomy in exercise science exercise physiology exercise epidemiology athletic training exercise and sport nutrition biomechanics motor control exercise and sport psychology packed with pedagogical features from journal abstract examples to study questions and further reading suggestions and accompanied by a website including practical lab exercises introduction to exercise science is a complete resource for a hands on introduction to the core tenets of exercise science it is an engaging and invaluable textbook for students beginning undergraduate degrees in kinesiology sport exercise science sports coaching strength conditioning athletic training sports therapy sports medicine and health fitness

Foundations of Exercise Science 2001

this entry level text provides an overview of the human movement sciences combining basic science principles with applications in exercise science topics covered include physiology of exercise sports medicine prevention and rehabilitation

Sport and Exercise Science: Psychology 2014

topics are as far ranging and current as the use of steroids training for competition athlete s heart exercise physiology physical activity and sport for females women s health physical culture and quackery diet and more

Sport and Exercise Science 1992

written by experts in exercise physiology exercise science and biomechanics this volume focuses specifically on exercise science in relation to athletic performance and to the diagnosis management and prevention of athletic injuries the text is logically organized into sections on energy metabolism exercise physiology organ system responses to exercise general concerns in applied exercise science sports biomechanics and applied sports physiology the biomechanics and sports physiology sections focus on particular sports to determine specific diagnosis and treatment aspects the book also includes chapters on exercise in children and the elderly environmental influences on physical performance overtraining chronobiology and microgravity

Exercise and Sport Science 2000

sport and exercise science an introduction provides a broad based introduction to the three areas that underpin the scientific study of sport and exercise science for students of sport and exercise science this book will help to develop a sound understanding of human anatomy physiology nutrition metabolism biomechanics and psychology related to sport exercise and health the book brings together into one volume the basic principles behind the physiological biomechanical and psychological

bases of human performance with extensive cross referencing and an accessible design the text presents clear and comprehensive explanations of key concepts providing every student with the foundation knowledge crucial to their success at this level relevant examples and related activities give context and demonstrate the practical applications of the theoretical elements of sports studies making this groundbreaking new textbook essential reading for all students of sports science and related degrees accompanied by a comprehensive interactive and free website sport exercise science co uk

Sport and Exercise Science 2014-04-08

exercise science practitioners have access to mountains of research findings expert opinions novel techniques and program plans via blogs fitness magazines conference presentations and peer reviewed journals to facilitate effective practice practitioners must sift through this information and retain only the best evidence to form a sound base of knowledge evidence based practice in exercise science the six step approach equips readers with the basic skills and competencies for discerning the value of scientific research using a methodical approach students and professionals will learn to identify appropriate evidence to support novel interventions and avoid counterproductive or dangerous information to eliminate ineffective exercise options the authors well known advocates in the study and application of evidence based practice in the field of exercise science take the five step method of evidence based practice that has been established in medicine adapt it specifically for exercise science and expand it to embrace individuality in exercise training the content is accessible for students in a variety of courses in exercise science curricula those seeking certification through professional organizations and practitioners in the fields of exercise nutrition sports medicine and sport science this text is an instruction manual in understanding and applying evidence based practice the process is divided into six steps that begin with asking a question and then finding evaluating implementing confirming and re evaluating the evidence readers of evidence based practice in exercise science will explore these aspects the philosophy of science and design of scientific studies the use of search tools like pubmed and google scholar and how to rank or define the strength of the evidence practical suggestions for implementing evidence based practice in the field to better advise and serve athletes clients and patients case studies that demonstrate realistic scenarios of how the evidence based process may be used in a variety of sport and exercise settings each chapter opens with chapter objectives that provide a road map for learning and a chapter conclusion summarizes main points and ensures understanding the case studies cover topics including exercise prescription exercise for special populations nutrition and supplementation and exercise devices equipment and apparel each case presents a realistic scenario that an exercise practitioner may experience presents background information formulates a question for investigation describes a search of the literature discusses the findings and provides a recommendation for practice based on the best current evidence evidence based practice in exercise science is grouped into four sections that assist readers in gaining a better understanding of the evidence based practice paradigm learning the step by step method and acquiring experience in the evidence based approach by working through practical examples using real world scenarios part i offers foundational knowledge of evidence based practice in exercise sciences part ii introduces the six step method of evidence based practice with chapters that explore each step of the process in depth part iii presents 16 case studies grouped into chapters by general topics part iv concludes the text with chapters on disseminating and sharing knowledge and the future of evidence based practice in exercise science by understanding the concepts and process of evidence

based practice current and future sport exercise and health professionals will prescribe individualized programs and treatments that improve athletic performance and lead individuals toward better health embracing evidence based practice will ultimately advance the field and produce optimal outcomes for clients patients and athletes

Evidence-Based Practice in Exercise Science 2016-03-02

the study of the working of a healthy human body during exercise is known as sports and exercise science it also studies the impact of sport and physical activity on improving health and performance from cellular to whole body perspectives this field draws from several other disciplines such as anatomy exercise physiology sport psychology biochemistry biomechanics and biokinetics a major application of sport and exercise science is designing monitoring and evaluating training programs for athletes and coaches to enable them to reach their maximum potential this book attempts to understand the multiple branches that fall under the discipline of sport and exercise science and how such concepts have practical applications the topics included in this book on sports and exercise science are of utmost significance and bound to provide incredible insights to readers those in search of information to further their knowledge will be greatly assisted by this book

Physical Education, Exercise Science and Sport 2021-11-16

more in depth than cursory discussions found in exercise physiology texts and more practical and accessible than dedicated bioenergetics texts bioenergetics primer for exercise science encompasses all the up to date research and information regarding human bioenergetics and energy metabolism it offers both students and professionals a depth of knowledge that will inform their further study research and profession jacket

Bioenergetics Primer for Exercise Science 2008

this book is unique in that it is designed for students following the non teaching track in exercise science those who plan to pursue medicine physical therapy agency corporate fitness strength and conditioning athletic training and clinical specialties such as cardiac rehabilitation will find the major areas of study covered each chapter is written by an expert in each particular area and contains up to date information on technology certifications professional associations journals and career opportunities for anyone interested in physical education hper kinesiology exercise science and human movement studies

Introduction to Exercise Science 2003

physiology of sport and exercise sixth edition frames research findings in physiology in a reader friendly format making this textbook a favorite of instructors and students alike 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

Physiology of Sport and Exercise 6th Edition 2015-03-30

physical education exercise and sport science in a changing society seventh edition provides a current complete and balanced introduction to the fields of physical

education sport and exercise science it gives a thorough overview of the varied elements within the disciplines how they came to be and how they are developing including the conflicts over field major and departmental names it also examines the developing sub disciplines within physical education sport exercise science and kinesiology the seventh edition has been thoroughly revised and updated to represent the state and potential of the field of physical education today it surveys both teaching and non teaching careers and addresses technology current issues and future trends instructor resources powerpoint presentations instructor s manual testbank

Sport and Exercise Science 2015

fully revised and expanded the second edition of molecular exercise physiology offers a student friendly introduction it introduces a history documenting the emergence of molecular biology techniques to investigate exercise physiology the methodology used exercise genetics and epigenetics and the molecular mechanisms that lead to adaptation after different types of exercise with explicit links to outcomes in sport performance nutrition physical activity and clinical exercise structured around key topics in sport and exercise science and featuring contributions from pioneering scientists such as nobel prize winners this edition includes new chapters based on cutting edge research in epigenetics and muscle memory satellite cells exercise in cancer at altitude and in hot and cold climates chapters include learning objectives structured guides to further reading review questions overviews of work by key researchers and box discussions from important pioneers in the field making it a complete resource for any molecular exercise physiology course the book includes cell and molecular biology laboratory methods for dissertation and research projects in molecular exercise physiology and muscle physiology this book is essential reading for upper level undergraduate or postgraduate courses in cellular and molecular exercise physiology and muscle physiology it is a valuable resource for any student with an advanced interest in exercise physiology in both sport performance and clinical settings

Physical Education, Exercise and Sport Science in a Changing Society 2011-01-21

this unique laboratory text provides multi task hands on learning experience for students preparing for professions in physical education exercise science health promotion coaching physical therapy athletic training and sports medicine the primary emphasis of the book is to expose the student to the concepts and principles of exercise testing and provide experience in the administration of such tests organized into succinct lessons the text is structured in a manner that is meaningful practical and easily understood by the student the laboratories are organized around the scientific method with research questions data collections and conclusions each chapter begins with objectives and a pre laboratory assignment which helps prepare the student for the upcoming laboratory experience equipment needs are outlined where necessary book jacket

Molecular Exercise Physiology 2022-05-11

a valuable reference source for professionals and academics in this field this is an encyclopedia dictionary of the many scientific and technical terms now encountered in kinesiology and exercise science

Laboratory Experiences in Exercise Science 1994

written for the introductory or foundation course the eighth edition of physical education exercise and sport science in a changing society provides a modern comprehensive and balanced introduction to the fields of physical education exercise science and sport science the eighth edition details the latest data and technologies and outlines the varied elements origins and developments of these related disciplines it identifies the conflicts existing in the field along with discussions related to what the degree should be called as well as the names of the departments the text also examines the history the current state as well as the expected future issues and trends in physical education the text is organized in an easy to follow format first defining the profession of exercise sciences and sports followed by an overview of the disciplines that study the cultural social and scientific foundations of this field in later chapters it builds upon that foundation and examines career development and job opportunities looking at the traditional fields of teaching and coaching the expanding career options of sport management and the new world of the technological workplace chapter 1 what is our field provides a modern look at the discipline of physical education chapter 14 current issues in american exercise science and sport includes new sections on digital technologies online education and digital media which further explore the changes in physical education exercise science and sport science provides the latest data and statistics on the major health crisis of childhood obesity additional resources for instructors lms ready test bank containing over 150 questions with page references powerpoint lecture slides organized by chapter for ease of use and highly illustrated and editable instructor s manual for students the navigate companion website includes a wealth of study aids and learning tools to help students get the most out of their course resources include practice activities weblinks interactive glossary flashcards crossword puzzles

Exercise Science : Theory & Practice 2003

lab reports and projects in sport and exercise science a guide for students provides a comprehensive overview of what should be contained within each section of a scientific report and clearly explains how it should be presented written in a friendly and engaging style it guides the reader through abstracts literature reviews methodology reporting discussions and referencing and contains a wealth of examples and practical advice on how to improve and refine your own writing from writing a first lab report to preparing a final year dissertation or postgraduate thesis sports and exercise science students at all levels will find this book a valuable resource in developing both skill and confidence in scientific communication key features the layout of the book is designed to reflect that of a typical scientific report to help students plan their own projects each chapter includes numerous examples exercises and activities to engage students and develop skills in each aspect of report writing includes discussion of critical appraisal techniques to help students refine their research questions all data sets and illustrations used are drawn from the key disciplines in sport and exercise science including physiology psychology and biomechanics

Sports Science Handbook: I-Z 2005

sports science also called sports and exercise science is concerned with the functioning of the human body during exercise it studies the role of sport and physical activity in the overall health and performance of the body the field integrates the areas of exercise physiology sport psychology anatomy biokinetics etc research in these

domains has provided valuable insights into the understanding of the reaction of the human body to exercise and training this book strives to provide a fair idea about the disciplines of exercise science sports science and physical education and to help develop a better understanding of the latest advances within these fields this book is a compilation of chapters that discuss the most vital concepts and emerging trends in these fields the book is appropriate for students seeking detailed information in these areas as well as for experts

Physical Education, Exercise and Sport Science in a Changing Society 2013-11-13

this is the first history of exercise physiology written from a systems perspective the significance of human exercise experiments is emphasized and the range of coverage is very wide among the figures whose thinking or work are discussed are galen avicenna descartes edward smith seguin krogh a v hill henry taylor zuntz ingle palladin galbo and bloor throughout the book controversies are acknowledged and differences of viewpoint presented after an introductory chapter on early ideas about the physiology of exercise and the training of athletes there are eleven in depth accounts of the development of scientific thinking about the responses of key physiological systems to the conditions of acute and chronic exercise as well as their coupling with integrative responses they cover the neuromuscular cardiovascular respiratory autonomic oxygen transport metabolic renal endocrine and temperature regulation systems among others the authors of these chapters are very well qualified two have received the olympic prize in the sport sciences seven the honor award for research in sports medicine and exercise science and five have given the adolph lecture in environmental and exercise physiology for the american physiological society no other volume offers such a broad and authoritative set of historical perspectives on exercise physiology

Exercise Science 2008-08-15

advanced statistics for kinesiology and exercise science is the first textbook to cover advanced statistical methods in the context of the study of human performance divided into three distinct sections the book introduces and explores in depth both analysis of variance anova and regressions analyses including chapters on preparing data for analysis one way factorial and repeated measures anova analysis of covariance and multiple analyses of variance and covariance diagnostic tests regression models for quantitative and qualitative data model selection and validation logistic regression drawing clear lines between the use of ibm spss statistics software and interpreting and analyzing results and illustrated with sport and exercise science specific sample data and results sections throughout the book offers an unparalleled level of detail in explaining advanced statistical techniques to kinesiology students advanced statistics for kinesiology and exercise science is an essential text for any student studying advanced statistics or research methods as part of an undergraduate or postgraduate degree programme in kinesiology sport and exercise science or health science

Perspectives in Exercise Science and Sports Medicine 1999-06-01

presenting an engaging up to date overview of exercise science and its related fields acsm s introduction to exercise science 4th edition guides students to success throughout their courses and delivers a robust exploration of potential careers for

today's exercise science professionals this full color resource combines a succinct accessible approach with the proven expertise of the American College of Sports Medicine the leading authority in exercise science and sports medicine to establish a practical understanding of how human movement assists individuals in their pursuit of good health appropriate levels of physical activity and exercise and successful sport and athletic performance each chapter illustrates the importance and practical relevance of key topics and provides an insider's view of the profession through fascinating interviews and online video profiles and field trips updated to meet the needs of today's emerging professionals this 4th edition incorporates new resources that emphasize application and help students make a confident transition to practice

Lab Reports and Projects in Sport and Exercise Science **2014-05-22**

Controversies in Exercise Science introduces a series of selected unresolved issues in the field of human exercise science the common thread to all of these topics is that in their ultimate resolution they offer promise of insights into the essential principles of physiological systems and how these respond to the stresses of exercise each case study includes an examination of research surrounding each issue the innovative aspect however will be that each of these controversies will be presented in the context of an historical and or philosophical perspective these chapters include topics related to basic exercise physiology sports physical activity and exercise health underlying each of these debates lie clues which may offer insights into the basic nature of living beings aimed at both academics and practitioners in the fields of exercise science biology and related sports science disciplines controversies in exercise science provides arguments for both sides of several selected contemporary controversies in the field of exercise science and while no ultimate resolution will be provided the goal is rather to offer the reader sufficient raw material on which he or she might make their own judgement on the matters presented

Exercise Science, Sports Studies and Physical Education **2019-06-03**

the essential guide to kinesiology sport and exercise science

Exercise Physiology 2003

Clinical Exercise Science is an introduction to core principles and best practice in exercise science for students and practitioners working with clinical populations combining the latest scientific research with evidence based practitioner led analysis the book offers integrated coverage of the full clinical exercise curriculum including pathophysiology of exercise and disease exercise as a clinical intervention exercise nutrition and lifestyle health behaviour change clinical skills in exercise science the book covers a wide range of conditions including cardiovascular disease pulmonary disease metabolic disease and mental health problems and includes an array of useful features to guide student learning such as case studies study tasks definitions of key terms and suggestions for further reading with contributions from leading researchers and health practitioners this is an invaluable foundation text for any clinical exercise science course and useful reading for any student or practitioner working in exercise science exercise rehabilitation health science or physical therapy

Advanced Statistics for Kinesiology and Exercise Science **2018-07-17**

essentials of youth fitness is an evidence informed practical guide for fitness and strength and conditioning professionals working with younger clientele backed by the american college of sports medicine acsm and coauthored by three leading authorities in pediatric exercise science this cutting edge book reflects current research it is built around the modern understanding that youth are not simply smaller versions of adults but are instead a special population with their own specific needs this is a must have resource for professionals working with young clients readers will learn the scientific theories behind youth training as well as how to apply them to help design effective programs that maximize creativity engagement and fun this seminal resource is broken into three parts to systematically bridge the gap between science and practice part i lays the groundwork for understanding fundamental concepts of pediatric exercise science including physiology growth and maturation long term athletic development and pedagogical strategies part ii is devoted to the assessment of youth fitness and development of fitness components including motor skill strength and power speed and agility and aerobic and anaerobic fitness and it features a chapter on designing integrative training programs this practical section will demonstrate the impact of factors specific to youth on fitness and it will teach readers how to design programs to meet the needs of youth of varying abilities and different stages of development sample training sessions with accompanying exercise photos within each chapter offer clear visual guidelines for implementing exercises correctly part iii delves into modern day topics specific to the youth population including participation in organized sports and injury concerns overweight and obese youth those diagnosed with clinical conditions such as diabetes asthma and physical and mental disabilities and the role of nutrition in healthy lifestyle habits learning aids throughout the text enhance comprehension and enable practitioners to quickly locate important information chapter objectives and key terms reinforce learning while teaching tip boxes contextualize important themes and do you know boxes illustrate practical application of the content combining the science of pediatric exercise with the practice of designing youth fitness programs essentials of youth fitness provides professionals with the information necessary to create a safe effective exercise experience that sparks an ongoing interest in active play exercise and sports participation earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

Physiology of Exercise 1999

introduction history of exercise science reading and interpreting the literature in exercise science measurement in exercise science anatomy in exercise science exercise physiology epidemiology athletic training exercise and sport nutrition biomechanics motor control and motor learning exercise and sport psychology

Measurement Concepts in Physical Education and Exercise Science **1989**

genetics primer for exercise science and health is the first text dedicated to the basic concepts of genetics in relation to the broad range of topics in exercise science and health author stephen m roth phd makes the content comprehensible for readers who

are unfamiliar with genetics without sacrificing the foundational and critical understanding necessary for interpreting research findings and incorporating genetics into research programs genetics primer for exercise science and health maintains a practical focus and addresses common concerns when preparing to study genetics such as how to use online search tools to identify existing research literature and how to identify and select candidate genes using genome databases through this text readers will discover these concepts the basics of dna and genetics as they relate to health physical activity and sport specific skills and strategies for interpreting and applying genetics findings in research how genetics research may affect sport performance training and clinical practice the ethical issues raised by genetics in society and sport special focus sections are incorporated throughout the text providing expanded discussions of interesting topics in each chapter students see examples of how the principles described in the book have played out in real life research and they receive explicit instructions on planning and interpreting genetics research pedagogical aids such as summaries key terms and review questions also make this text ideal for efficient learning part i presents readers with the basic biology and genetics information they need in order to understand and apply the information to exercise science part ii explores the research and design methods that will help readers interpret and apply their findings part iii addresses some of the current research findings in the area of genetics in exercise and health and discusses current issues in the field including the potential for misuse of new genetic technologies and the ethics involved in gene doping genetics primer for exercise science and health this is the second volume in human kinetics primers in exercise science series which provides students and professionals with a nonintimidating basic understanding of the science behind its topic and where appropriate how that science is applied these books are written by leading researchers and teachers in their respective areas of expertise the authors present in an easy to understand manner the essential concepts in dynamic complex areas of scientific knowledge the books in the series are ideal for researchers and professionals who need some background in an unfamiliar scientific area the books also function as accessible basic references for those who will be returning to the material often this particular book adds a health dimension to the exercise science focus of the series with discussions on disease and health related information genetic research will play an important role in the future practice of exercise science and health requiring students and professionals to have this basic knowledge for success in their careers through its practical presentation of current and basic topics genetics primer for exercise science and health makes the case for more universities to introduce genetics courses to their curricula having the essential topics of genetics in a single practical introductory text will facilitate the work of instructors students and professionals

ACSM's Introduction to Exercise Science 2023-04-23

fully updated revised and consolidated into one single volume the fourth edition of kinanthropometry and exercise physiology offers the best theoretically contextualised practical resource for instructors and students available incorporating substantial sections on kinanthropometry exercise physiology energy systems and the application of science in health and high performance settings the book covers the basics of measurement in exercise science through to advanced methods and includes brand new chapters on pre exercise screening and health risk stratification functional movement assessment point of care testing anthropometry standards anaerobic power and capacity history of exercise for health benefits monitoring training loads in high performance athletes measuring game style in team sports offering on line access to newly developed

exercise science measurement tools through the exercise science toolkit
exercisesciencetoolkit.com no other book offers such a complete resource from the
science of kinanthropometry and exercise physiology to their applications in health and
performance through practical interactive learning this book is an essential companion
for students on any sport and exercise science related degree programme and any
instructor leading practical laboratory based classes

Controversies in Exercise Science 2018-10-09

explores a range of basic topics covered in research courses in exercise science
kinesiology and physical education this work provides the information and skills needed
to write effective research proposals and theses and understand how to conduct basic
studies in health physical education exercise science athletic training and recreation

The Cutting Edge in Physical Education and Exercise Science Research 1987

the science of fitness power performance and endurance clearly explains the vital
connection between diet and exercise in the human body with this knowledge you can use
the right exercise and nutrition to obtain a higher quality life prevent disease and
slow the aging process authored in a straightforward style and with color images
throughout this book explores the cellular science behind fitness protein synthesis and
healthy living with it you will learn the most recent and important discoveries in the
relationships between physical fitness nutrition weight loss and weight management it
provides key information on the body's mitochondrial processes and their role in aging
along with well informed discussions on general nutrition sports nutrition exercise
physiology how to enhance athletic performance and how exercise strengthens the mind
whether you are interested in how to eat healthy train for your first or next marathon
take your fitness to the next level find the best super foods or simply want to improve
your vitality through healthy doable practices this book will help you on your journey
regardless of age or fitness level presents the connection between exercise nutrition
and physiology in a way that is ideal for both experienced athletes and newcomers
provides the scientific basis for mitochondrial functions and their relationship to
fitness protein synthesis quality of life and the aging process synthesizes the latest
research on nutrition sports nutrition super foods and the brain body connection co
authored by legendary cyclist greg lemond who illustrates key points using his own
athletic journey

Sports Science Handbook 2005

Clinical Exercise Science 2016-01-22

Essentials of Youth Fitness 2019-11-14

Introduction to Exercise Science 2012

Genetics Primer for Exercise Science and Health 2007-05-02

Kinanthropometry and Exercise Physiology 2018-09-03

Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation 2008

Exploring Exercise Science 2010

Fundamentals of Sport and Exercise Science SPRT1025 - Custom Reader for Worcester 1913-08-01

The Science of Fitness 2014-11-21

Perspectives in Exercise Science and Sports Medicine 1988

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