



Exercise Physiology: Theory and Application to Fitness and Performance

Scott Powers, Edward Howley

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The ninth edition of *Exercise Physiology: Theory and Application to Fitness and Performance* is intended for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology/exercise science, physical therapy, and physical education. The book contains numerous clinical applications, including exercise tests to evaluate cardiorespiratory fitness and information on exercise training for improvements in health-related physical fitness and sports performance. This comprehensive tool is intended for a one-semester, upper-level undergraduate or beginning graduate exercise physiology course.

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