



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 posses the knowledge of exercise physiology. (jacket).

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