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Exercise Physiology and its origins

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Exercise Physiology | NYU Steinhardt

The book provides excellent coverage of exercise physiology, uniting the topics of energy

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expenditure and capacity, molecular biology, physical conditioning, sports nutrition, body composition,...

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This new edition continues to provide excellent coverage of exercise physiology, uniting the topics of energy expenditure and capacity, molecular biology, physical conditioning, sports nutrition, body composition, weight control, and more.

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Exercise Physiology: Nutrition, Energy, and Human ...

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Applied Physiology, Nutrition, and Metabolism

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Nutrition and Exercise Physiology | Teachers College ...

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