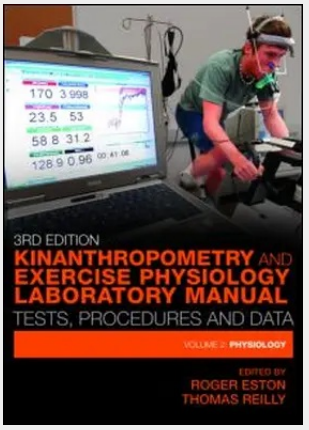
Eston / Reilly

Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data: Volume Two: Physiology



Kinanthropometry is the study of human body size, shape and form and how those characteristics relate to human movement and sporting performance. In this fully updated and revised edition of the classic guide to kinanthropometric theory and practice, leading international sport and exercise scientists offer a clear and comprehensive introduction to essential principles and techniques. Each chapter guides the reader through the planning and conduct of practical and laboratory sessions and includes a survey of current theory and contemporary literature relating to that topic. The book is fully illustrated and includes worked examples, exercises, research data, chapter summaries and guides to further reading throughout. Volume Two: Exercise Physiology covers key topics such as: - neuromuscular aspects of movement - skeletal muscle function - oxygen transport, including haemotology, pulmonary and cardiovascular functions - metabolism and thermoregulation - VO2 kinetics - physiological economy, efficiency and 'fitness' - physiological limitations to performance - assessment of energy expenditure, perceived exertion and maximal intensity. The Kinanthropometry and Exercise Physiology Laboratory Manual is essential reading for all serious students and researchers of sport and exercise science, kinesiology and human movement. Roger Eston is Professor of Human Physiology and Head of the School of Sport and Health Sciences at the University of Exeter. Thomas Reilly is Professor of Sports Science and Director of the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University.

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68,50 €
64,02 € (zzgl. MwSt.)

Nicht mehr lieferbar

Artikelnummer: 9780415437233
Medium: Buch
ISBN: 978-0-415-43723-3
Verlag: ROUTLEDGE
Erscheinungstermin: 31.01.2009
Sprache(n): Englisch
Auflage: 3rd Auflage
Produktform: Kartoniert
Gewicht: 658 g
Seiten: 348
Format (B x H): 173 x 249 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)