

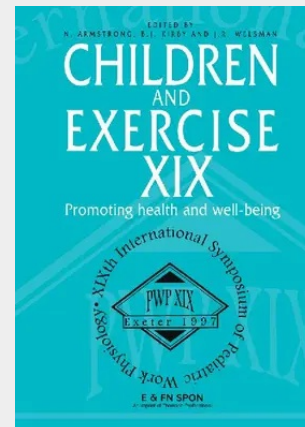
Armstrong

Children and Exercise XIX

Promoting health and well-being

The XIXth International Symposium of the European Group of Pediatric Work Physiology was held in Moretonhampstead, UK in September 1997 drawing together academic and medical experts from 26 countries under the theme of promoting health and well-being. This book contains the full text of the 11 keynote contributions, 4 papers from a mini-symposium on cardiac risk factors in children and 59 of the free communications. These have been arranged under 6 headings: Lifestyle, Health and Well-Being; Physical Activity Patterns; Aerobic Performance; Anaerobic Performance and Muscular strength; Cardiovascular Function in Health and disease; and Sport and Physical Education. Offering comprehensive reviews of key topics and reports of current research in paediatric health and exercise science, this volume will prove a valuable text for health professionals, researchers and students with an interest in aspects of paediatric exercise, sports medicine and physical education.

This book provides the latest research on the area of children and exercise. The contributions are international and include specially invited researchers who are experts in the area.



234,10 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780419221005

Medium: Buch

ISBN: 978-0-419-22100-5

Verlag: Taylor & Francis

Erscheinungstermin: 25.09.1997

Sprache(n): Englisch

Auflage: Erscheinungsjahr 1997

Produktform: Gebunden

Gewicht: 1036 g

Seiten: 584

Format (B x H): 161 x 240 mm

