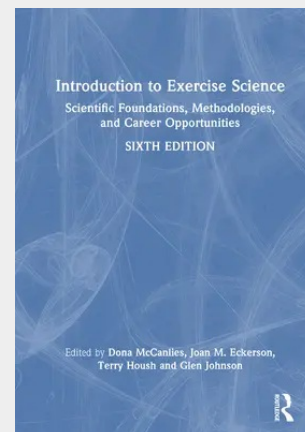


Introduction to Exercise Science

Scientific Foundations, Methodologies, and Career Opportunities

Introduction to Exercise Science introduces undergraduate students to the foundational disciplines (e.g., anatomy, physiology) and subdisciplines (e.g., exercise physiology, biomechanics, motor behavior, nutrition, exercise psychology) of exercise science and is designed to provide an overview of individual areas of study versus an in-depth, exhaustive review. Exercise science continues to be among the most popular majors for post-secondary students interested in fitness, wellness, and strength and conditioning, as well as students interested in careers in medicine and the allied health professions. In this fully updated and revised sixth edition, chapters are structured to include historical perspectives, key concepts, clinical and sports related applications, technology and equipment, educational preparation, and career pathways. Chapter features include learning objectives, keywords and definitions, journal abstracts, study questions, learning activities, suggested readings, and online resources. Chapters 1 through 3 provide introductory and foundational information about the field of exercise science and the remaining chapters focus on core areas of study in exercise science. Ancillary materials to support teaching include PowerPoint slides, hands-on learning/laboratory activities, and a test bank of questions for quizzes and examinations for each chapter. Introduction to Exercise Science is a complete resource for a hands-on introduction to the core tenets of exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Exercise Science, Sports Coaching, Strength and Conditioning, Athletic Training, Sports Medicine, Sports Therapy, and Health and Fitness.



Auf Anfrage

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