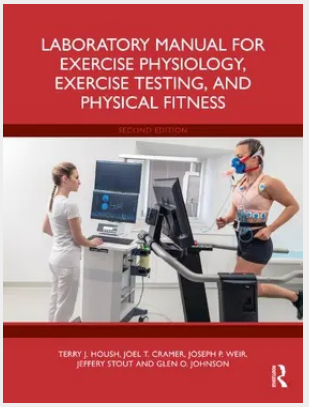
Housh / Cramer / Weir

Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness



Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness, Second Edition is a comprehensive new edition that provides students with meaningful lab experiences whether they have access to sophisticated laboratories and expensive equipment or they are looking for procedures that can be done without costly materials. It is an excellent resource as they prepare for a career as an exercise science professional, personal trainer, strength and conditioning coach, physical therapist, physician, or other allied health professional. With 50 labs covering nine major components of physical fitness, each lab chapter is practical and easy to follow, consisting of a clear, logical format that includes Background, Terms and Abbreviations, Procedures, Equations and Sample Calculations, Lab Worksheets, and a new special feature added to specific labs for the second edition. Extension Activities and Questions provide additional opportunities to practice the procedures and explore issues of validity, reliability, and accuracy. Readers will find this fully revised second edition of Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness to be a valuable tool in learning to apply physiological concepts and to perform exercise tests, as well as an essential resource for students, researchers, and others whose careers involve physiology, physical fitness, and performance testing.

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216,50 €
216,50 € (zzgl. MwSt.)

vorbestellbar, Erscheinungstermin ca. Februar 2027

Artikelnummer: 9781032907871
Medium: Buch
ISBN: 978-1-032-90787-1
Verlag: Taylor & Francis
Erscheinungstermin: 25.02.2027
Sprache(n): Englisch
Auflage: 2. Auflage 2027
Produktform: Gebunden
Seiten: 466
Format (B x H): 210 x 280 mm

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