

Essentials of Exercise Physiology

By William D. McArdle, Frank I. Katch, Victor L. Katch

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Introducing the Fifth Edition of the more focused version of the best-selling Exercise Physiology text. Ideal for an introductory course, this title emphasizes nutrition as the foundation of exercise and uses a new student-friendly magazine-style design, hallmark pedagogy, and an engaging, accessible writing style to make exercise physiology interesting and understandable for today's students.

Featuring updates in every section that reflect the latest trends and research in the field, Essentials of Exercise Physiology helps students develop a deep understanding of the interrelationships among energy intake, energy transfer during exercise, and the related physiologic systems. As they progress through the book, students also master the how-tos of applying key concepts to enhance exercise training, athletic performance, and health.

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